

Beetroot and Lime Hummus

Serves: 6

1 serving= 0 g protein



Ingredients:

- 4 ready cooked beetroots
- 1 clove of garlic, crushed
- Handful of fresh dill (any fresh herbs work well)
- 1 tbsp good quality olive oil
- Juice of ½ lime
- Salt and pepper



Method:

1. Blend all of the ingredients together until smooth.
2. Add more olive oil if you want a thinner consistency.
3. Season with salt and pepper.



Serving Suggestion



Serving Suggestions

This hummus add great colour to all salads. It goes really well with **Loprofin crackers** and Low protein bread sticks.