



Natural Life
Choices,™ Inc.

RED BEETS HUMMUS



INGREDIENTS:

- » 3-4 roasted red beets
- » 1 small garlic clove
- » 2 large lemons
- » 2 tablespoon of olive oil
- » Salt and fresh ground black pepper



PREPARATION:

Blend beets, garlic, lemon juice and olive oil until smooth. Season with salt and pepper. Serve with raw vegetables carrots, celery and slice of cucumber.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)