

## Healthy Snack Board for Kiddos

### Beet Hummus

1 can garbanzo beans drained with skins removed as much as possible (makes for smoother hummus)

2 TBL tahini

juice of half a lemon

clove of garlic

2 1-2 TBL

1/2 tsp salt

1 chunk of roasted beet

water

Add ingredients to a food processor. Use a little water to make the mixture creamy. Season with salt to taste.

Served with cucumbers, tomatoes, shredded carrots, roasted beets, red pepper, and roasted cauliflower with capers.