

# Dr. MacFarland's Flu-Fighting All Natural, Homemade Beet-Kickin' Hummus



2 cups garbanzo beans  
1 c. fresh beets  
½ c. water  
2-4 Tbs. garlic  
¼ c. lemon juice  
½ c. parsley  
½ c. Tahini  
2-4 Tbs. olive oil  
1 tsp. chili paste  
½ tsp. cayenne  
¼ - ½ tsp. salt

Cut beet into halves. Dice ½ cup and set aside.

Add remaining ½ c. beets into Cuisinart and mix with garbanzo beans, water, parsley, and olive oil until paste forms.

Add garlic, lemon juice, Tahini, chili paste, cayenne, and salt (all to taste) and mix until absorbed.

Fold in remaining half cup of diced beets.

Chill and serve with vegetable slices.

Eat and chew slowly with legs uncrossed and send a blessing to The Good Doctor for helping you stay healthy.



*Love you Shay & Daddy-O. Mary 3/10*