



List of Supplies Needed

Beet Hummus

General

- Recipe

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

Cooking

- Measuring cups
- Cutting mat/board
- Plastic/butter knife
- Can opener
- Strainer
- Food chopper
- Blender
- Citrus juicer/squeezer (optional)

Food & Produce

- Garbanzo beans
- Roasted beets
- Vinegar
- Garlic
- Lemon
- Tahini paste
- Olive oil
- Salt
- Pepper

