List of Supplies Needed
Beet Hummus

General
☐ Recipe

Find detailed lesson plans, printable recipes & more at:
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