

Creamy Beetroot Dip

Ingredients:

- ¼ cup cashews
- 1 small to medium cooked beet, roughly chopped
- ½ tbsp. fresh lemon juice [SEP]
- 1 clove garlic, green germ removed
- ½ small onion, finely chopped
- 3 tbsp. fresh dill or parsley, finely chopped
- 1 tbsp. nutritional yeast, optional
- 2 tsps. Tahini
- Sea salt to taste

Instructions:

1. Place cashews in a bowl with ½ cup hot water for 30 minutes or soak overnight. Drain thoroughly.
2. In a high-speed blender or food processor add the cashews, chopped beets, lemon juice and garlic and blend until a smooth paste forms.
3. Transfer to a bowl and add onions, dill or parsley, nutritional yeast, tahini, and salt. Mix well.
4. Serve immediately or let chill in the fridge for an hour or two. The flavors are better developed over time.

Tip: Serve with cucumber slices, chopped bell peppers, crackers, or oil free chips. You can also use it on sandwiches or in salads.