

Beet Cashew Dip

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

Ingredients:

- 3 beets, unpeeled, cut into chunks
- 2 cups cashews, soaked in water for 3 hours or overnight
- 1 garlic clove
- 1/4 cup extra-virgin olive oil (evoo)
- Juice of 1 Lemon
- 1/2 tsp sea salt
- Black pepper to taste

Instructions:

1. Preheat oven to 350F degrees. Place beets in a covered baking dish with 1/4 inch of water. Bake for 45-50 minutes or until beets are fork tender. Let cool slightly once cooked.
2. In a food processor, combine beets, cashews, garlic, evoo, lemon juice, sea salt and pepper. Blend until smooth or desired consistency.
3. Store in an airtight container for up to a week.

Notes:

Makes 3 cups of beet cashew dip.