



# BEETROOT DIP

## DIRECTIONS

1. Add cashews to a food processor & blitz until a fine crumb.
2. Add remaining ingredients & process until all ingredients are pureed.
3. Serve with vegetable sticks and seed crackers.

## INGREDIENTS

- 2 small or 1 large beetroot (200g), roasted, cut into chunks
- 1 clove garlic, minced
- 80g cashews, roasted
- Juice of 1/2 lemon
- Leaves from 1 sprigs of mint
- 50ml extra virgin olive oil
- Generous pinch of sea salt

