

## BEET ROMESCO

About 3 ½ Cups

This is a lively dip/sauce made of healthy liver loving beets and protein rich almonds with a touch of spice. Use as a dip for crudités or as a topping for burgers. It is full of flavour and a beautiful purple colour. It is without question one of the most popular dips at HD.

2 ½ cups	beets, chopped and steamed
1 cup	blanched almonds, toasted
3	garlic cloves
2 tbsp	red wine vinegar
¼ tsp	dried chili flakes
1 ½ tsp	sea salt
¼ tsp +	sweet paprika
½ cup	fresh Italian parsley
¾ cup	extra virgin olive oil
¼ cup	water

Place beets, almonds, garlic, parsley, vinegar, chili flakes, salt and paprika in a food processor and blend until smooth. With motor running add the olive oil until combined. Taste and adjust seasonings. Add water as necessary to obtain desired consistency.

