

DROP THE "BEET" BUTTER

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INGREDIENTS

2 beets, medium sized, peeled and cut into 1/2-inch chunks
½ of an apple, cored, skin on and cut into 1 inch chunks
1 cup macadamia nuts
2 tablespoons neutral tasting oil. (walnut, olive and avocado oil are nice choices)
1 tablespoons lemon juice
1 teaspoon sea salt (If using salted macadamia nuts, use a little less)

DIRECTIONS

1. Place cut beets and apples in a small saucepan. Add enough water to cover them and cook covered till the beets are easily punctured with the tip of a knife. This should take about 45 min to an hour.
2. Strain beets and apples from water. Reserve a tablespoon of the cooking water.
3. Add all ingredients to the food processor or food chopper. Adjust for salt to taste.
4. Serve with crackers or cut vegetables or as a spread on your favorite sandwich.

