

MAGIC PINK DIP

INGREDIENTS:

2 Cups cooked pink beans (Pinto Beans or Vermont Cranberry for example)

$\frac{1}{2}$ -1 Cup cooked beets, or grated raw beets

1-2 cloves garlic

1-2 T olive oil (Sunflower Oil is a local option)

2 T lemon juice

A pinch of salt

Optional: 3T of tahini will give it a flavor of hummus

T= Tablespoon

TOOLS:

Food processor, or strong blender.

Measuring spoons and cups

PREPARATION:

Grate or boil beets

Soak dry beans overnight and boil.

INSTRUCTIONS:

1. Using a food processor, combine all ingredients, beginning with garlic, and ending with Beets, for the ooh, ahh, magic!
2. Enjoy with Carrot sticks or your favorite dipping vegetables!

