

# Recipe for: ROASTED BEET DIP

## INGREDIENTS

- 2 medium beets, peeled and cubed
- 1 head cauliflower, cut into florets
- 1/2 cup pumpkin seeds
- 1-2 teaspoons garlic powder
- 1/2 a lemon, juiced
- 2-3 tablespoons olive oil
- salt to taste

## DIRECTIONS

1. Preheat oven to 400 °F.
2. Spread beets and cauliflower on baking tray and drizzle with about 1 tablespoon of olive oil and 1-2 teaspoons of salt.
3. Roast in the oven for 25-30 minutes or until beets are tender.
4. Add roasted beets and cauliflower and remaining ingredients to a food processor and pulse until mixture is smooth.
5. Serve with carrot sticks or crackers.

