

This dip is sweet and earthy and really highlights beet's true flavor. This tasty dip is great on crackers!

## Beet & Mint Dip

Serves 8-10

---

### Ingredients:

- 1 large beet
- 2 teaspoons fresh mint
- 2 teaspoons fresh squeezed lemon juice
- 2 tablespoons plain Greek yogurt
- 1 tablespoon olive oil
- Up to 1/4 cup water



### Directions:

1. Wash hands, beet, and mint
2. Boil the beet in a pot of water for 20-30 minutes, until beet is softened (until a fork can be pricked into beet easily)
3. Remove beet from water and allow cooling
4. Peel beet and cut into cubes
5. Place cubed beet, mint leaves, lemon juice, yogurt, and olive oil in a food processor or high powered blender
6. Blend for a few minutes, add up to 1/4 cup of water if the dip is too chunky

Credit: Budding Farmers