



# BEETROOT DIP

*Preparing a grazing board for a special occasion, or just want something light to snack on? Try our Beetroot Dip recipe with the MEALiO® Quick Crush button.*

## INGREDIENTS

- 4 baby beetroots
- ½ cup cream
- 2 garlic cloves
- ½ cup pistachios

**SERVES: 4-6**  
**SETTING: QUICK CRUSH**  
**PREP TIME: 5 MINS**  
**BLEND TIME: 50 SEC**

## DIRECTIONS

- 1. Place baby beetroots, cream, pistachios and garlic cloves into the Mealio® Blender.**
- 2. Push the 'QUICK CRUSH' button to start the blending.**
- 3. Pour your dip into a small dish and serve with your choice of breads and crackers.**