

# SAVORY BEET PUREE

## INGREDIENTS

1 beet (*you can also buy ready-cooked in jar or can, make sure product is without vinegar*)  
1 cup Greek yogurt  
1 tablespoon olive oil  
1 teaspoon dill  
½ teaspoon garlic powder  
½ teaspoon salt  
Vegetable broth (as needed)

## PREPARATION

1. Preheat oven to 400°F.
2. Peel and cut the beet, toss it on a baking sheet with the olive oil and a pinch of salt.
3. Cook the beet in the preheated oven for 40 minutes, flipping halfway through.
4. Remove from the oven and let cool for a few minutes.
5. Add the beet, Greek yogurt, dill and garlic powder to a food processor or blender and blend until smooth. If it's too thick, add in some vegetable broth.

Recipe from: [www.myallamericancare.com/blog](http://www.myallamericancare.com/blog)

[apainintheneck.org](http://apainintheneck.org)

The information on this website is not intended as medical advice nor should it replace advice, expertise, and information given by a member of your healthcare team.