Beet Horseradish

Makes 2 to 2 1/2 cups s | Active Time: 20 minutes | Total Time: 40 minutes

- 1 lb (approx. 3 to 4 beets), trimmed and scrubbed
- 1 tsp sea salt

To prepare the beets, there is no need to peel them — just make sure they are nice and clean and the top and bottom have been removed.

To cook the beets, place them into a medium-sized pot and fully cover with water. Bring the water to a low boil, cover, and let the beets cook for about 40 minutes, or until they are tender and fully cooked through.

Ultimately, the time it takes to cook the beets will depend on their size and the heat.

Once the beets are cool enough to handle, grate them on a box grater.

Alternatively, cut the beets up a bit and then blend them in a food processor — after you have blended the cashews (if using).

- 1 - 8"-inch piece fresh horseradish, peeled and grated
- 2 tbsp apple cider vinegar
- 1/2 to 1 tbsp agave, or sweetener of choice*
- 1/4 to 1/2 tsp sea salt
- 1/3 cup cashew, soaked for a few hours

To make the spread, if you are NOT using cashews, simply mix together the grated beets, horseradish, apple cider vinegar, agave, and salt.

If adding the cashews, place the cashews into the food processor first and blend until smooth. Next, add the beets and horseradish and blend again until smooth. Lastly, add the apple cider vinegar, agave, and salt and blend again to combine.

Taste the mixture for seasoning — adding more vinegar, agave, and/or salt as desired.

This spread is best if it is made a few hours ahead of time and refrigerated so that the flavors can really come together.

The mixture will keep for up to 2 weeks in the refrigerator.