





# INGREDIENTS



organic cooked  
beetroot  
100g



sea salt  
5g



organic apple  
cider vinegar  
10g



garlic clove  
1/2 piece



onion  
1/2 piece



organic extra  
virgin olive oil  
20ml



ginger juice  
10ml



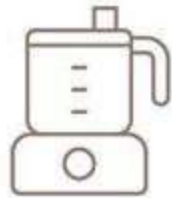
water to adjust  
consistency

## PREPARATION



01

chop the beets and  
onion into small cubes



02

blend ingredients to the desired  
consistency in a blender or  
using a hand blender



03

garnish with parsley leaves