

Trim Healthy
W I S D O M

Darn Gorgeous Super Quark Dip (FP)

(S - This dip is darn gorgeous because of the incredible magenta hue that bursts out of the beet. I love food to be vibrant in color. The color itself seems to impart energy, even aside from all the nutrients locked within these colors from nature. This dip is a sight for tired eyes, seeds the gut with trimming “good bugs,” offers excellent protein, and tastes delish! I love using it not only for crunchy fresh crudites but also to dip in hunks of Fermented Flatbread or to spread on a sandwich.

A word about the honey in this recipe... if you don't feel like your blood sugar can take this amount of honey (1 tablespoon for the whole recipe), then consider that you won't get that full amount since this is a multiple-serving dip, so it remains FP, and you should do fine. The sour component of the dip, as well as the ample protein, will also help eradicate spiking blood sugar problems, but still, if your blood sugar gets testy with the full amount of honey, you can opt for the reduced amount plus the stevia.)

Multiple Servings

INGREDIENTS:

- 1 cup *Super Quark* (either Kefir or L. Reuteri style)
- ¼ cup raw beet (finely grated)
- 1 Tbs apple cider vinegar (ACV)
- 1 Tbs raw honey or 1½ tsp plus 1 doonk [TH Pure Stevia Extract Powder](#)
- [TH Mineral Salt](#) (to taste)
- black pepper (freshly cracked; to taste)

INSTRUCTIONS:

1. Place all ingredients in a jar or small bowl and blend with an immersion blender. (see our brand recommendations [HERE](#))

