

Beet Treats



Ingredients:

3 canned beets

3 cups flour

2 eggs, beaten

(you may need a little more flour for dusting/rolling out the dough)

Instructions:

Note: we recommend you wear latex gloves when dealing with this recipe to avoid staining your hands. Place three beets from a can in your food processor. Process until pureed.

Press the beets through a fine strainer over the bowl so you separate the solid from the liquid - pushing on the beets to get as much liquid as possible. You should end up with about a 1/2 cup. If you are short you can always use some liquid from the can. You can use the pureed beets for smoothies or discard.

In a mixing bowl place the flour and then add the eggs and mix. While mixing start to pour in the beet juice in a slow stream. You want a dough that is still a little crumbly but comes together - something too wet will be hard to roll out. And it does go from crumbly to wet quickly so make sure after each small addition of beet juice you give it a minute to mix.

On a floured surface roll out the dough to an even thin sheet about 1/4" - we did this on a floured sheet of parchment paper (again to avoid any staining from the beet juice).

Cut into heart shapes or any shapes you choose.

Bake at 350 (or 325 convection) for approximately 15-20 minutes until biscuits are firm.