

Chilled Beet and Buttermilk Soup

From – *Moosewood Low-Fat Favorites*

4-5 medium beets – cooked, peeled and chopped
1 cup unsweetened apple juice
2 cups buttermilk
1 Tbsp minced dill
¼ cup minced chives
salt to taste
finely chopped cucumber

- In a blender or food processor, combine the beets, apple juice and buttermilk, puree until smooth.
- Transfer to a bowl or storage container and stir in the dill and chives.
- Refrigerate for at least 2 hours.
- Add salt to taste.
- Serve topped with finely chopped cucumber.



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