

Beet and Sweet Potato Purees

The following recipes were provided by local blogger Abby Thome of [The Thome Home](#).

Beet Puree

- 1 can Heinen's beets
- 1/4 cup Heinen's cannellini beans
- 1 Roasted garlic clove (or 1/4 tsp. garlic powder)
- Pinch of kosher salt
- Pinch of ground pepper
- 2 Tbsp. avocado oil (or Extra Virgin Olive Oil)



Sweet Potato Puree

- 2 roasted sweet potatoes, skin removed
- 1/4 cup Heinen's cannellini beans
- 1 roasted garlic clove (or 1/4 tsp garlic powder)
- 2 Tbsp. avocado oil (or Extra Virgin Olive Oil)
- 2-3 Tbsp. water (to loosen the puree when blending)

Directions

1. Put all ingredients for the puree of choice into a ninja blender, or food processor and blend until all ingredients are fully incorporated and the puree is silky smooth!
2. I paired the beet puree with an herbed butter scallop, topped with microgreens. The sweet potato puree paired with the sriracha honey scallop, topped with crumbled bacon. Both of which were absolutely delicious!