



# BEETROOT & YOGHURT DIP

## Beetroot and Yoghurt dip:

250g Cooked beetroot, blended to a puree

125ml Greek yoghurt

1 Lemon, juiced

2 tablespoons Fresh Mint, finely chopped

Crudites to serve with - carrot, celery, cucumber sticks and radishes

Place the pureed beetroot, yoghurt, lemon juice and mint into a bowl and mix well. Season to taste and serve in a bowl with assorted crudites.

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