

Beetroot dip

Serves 10

Ingredients

- 450g can baby beets
- ½ cup creamed cottage cheese or natural yogurt
- 1 teaspoon garam masala (optional)
- 2 tablespoons orange juice
- Juice of 1 lemon

Method

1. Drain baby beets.
2. Add all ingredients to a blender and mix until smooth.
3. Serve with vegetable crudité's or pita crisps.



NUTRITION INFORMATION		
Servings per recipe: 10		
Average serving size: 59g		
	Per serve	Per 100g
Kilojoules (kJ)	155	265
Protein (g)	2.5	4.2
Total fat (g)	0.8	1.3
- Saturated fat (g)	0.4	0.7
Carbohydrates (g)	4.2	7.2
- Sugars (g)	4.2	7.2
Fibre (g)	1.5	2.6
Sodium (mg)	146	250

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines