

## **Beetroot Dip**

### **Equipment needed –**

Colander, chopping boards, knives, juicer, measuring spoons, medium bowl and 3 small serving bowls.

### **Ingredients from the Garden –**

- 2 tablespoons of fresh lemon juice

### **Ingredients from the Pantry –**

- 1 450g can of baby beetroots, drained and chopped
- • 1 cup of Greek yoghurt
- • 1 teaspoon of ground cumin
- • 1 teaspoon of ground coriander
- • Salt and pepper

### **What to do –**

1. Open the can of beetroots and drain in a colander over the sink. Chop coarsely.
2. Measure out 1 cup of Greek yoghurt and place in a medium sized bowl.
3. Measure out 1 teaspoon of ground coriander and add it to the bowl.
4. Measure out 1 teaspoon of ground cumin and add it to the bowl.
5. Mix well to combine.
6. Season with salt and pepper to taste.
7. Divide the dip into 3 small serving bowls with spoons

### **Serves –**

- Makes 1 cup