

Best Beet Dip



TIME TO
PREPARE

10
minutes



COOK
TIME

0
minutes



SERVING

6 Serves



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

- 5 Fresh Beetroots or you can use precooked beets
- 3 Garlic Cloves
- 1 cup Greek Yoghurt
- 1/4 cup Lemon Juice
- 2 tbsp Olive Oil
- 1/2 tsp. ground Cumin
- 1/2 tsp. ground Coriander Powder
- 1/2 tsp. ground Cinnamon
- 1/2 tsp. Paprika
- 1/2 tsp. Salt
- Pinch of Black Pepper
- Toasted Pine Nuts, Pistachios and Feta for garnish

Method

01. Preheat oven to 220 degrees Celsius.
02. Cut off the beetroot stems 1 cm from the roots. Scrub the beetroots and wrap them individually in aluminium foil. Wrap the unpeeled garlic pods also in foil.
03. Bake the beetroots for 1 hour in the oven. Place the wrapped garlic pods also in the oven 40 minutes after placing the beets to bake.
04. Cool the beets. Peel both the beets and the garlic. Chop the beets roughly.
05. **If using precooked beets follow from HERE**
06. Place the beets, garlic, yoghurt, lemon juice, olive oil, cumin, coriander, cinnamon and paprika in a food processor and process till smooth and creamy. Season to taste with salt and pepper. Chill till required. Serve with warm, crusty bread or crackers.
07. You can even serve with Sweet Potato Crisps in Snack Recipes on the SWSAS website.
08. ENJOY!

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