Dip plate – beetroot

Preparation time

30 minutes

Serves

4

Recipe courtesy of

Nutrition Australia ACT

This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

450g can baby beets, drained

1/2 cup creamed cottage cheese or natural yoghurt

1 tsp garam masala (optional)

2 tbsp orange juice

juice of one lemon

1. Add all ingredients to a blender and mix until smooth

test

Nutritional information is provided per serve

Engery	385kJ (92 calories)
Protein	5.5g

Saturated Fat	0.5g
Total Fat	1g
Carbohydrates	13g
Sugars	12g
Dietary Fibre	5g
Sodium	374mg