

# BETROOT & COTTAGE CHEESE DIP



6

Serves

\$1.35

Cost per serve

15 MIN

Total prep & cooking time



## WHY WE LOVE THIS RECIPE

This is a tasty and protein rich way to sneak extra veggies into your day.



## FOOD WASTE TIP

Leftover beetroot juice can be added to a morning juice or smoothie.

## INGREDIENTS



1 x 425g tin sliced beetroot, drained



1/2 cup cottage cheese



1 tbsp. dried dill



2 tbsp. lemon juice



1/2 tsp. pepper



To serve: Assorted vegetables cut into sticks



To serve: Wholemeal pita bread

## STEPS



1 Open tin and drain beetroot into colander with a bowl underneath to catch the juice for use in another recipe.



2 Finely dice beetroot slices. Use gloves if desired to avoid staining hands.



3 Transfer the diced beetroot into a medium mixing bowl.



4 Add the cottage cheese and mash together.



5 Add the dill, lemon juice and pepper and mix well.



6 Transfer to serving bowl and serve with vegetable sticks and pita bread.