



Raw beetroot dip

Equipment

- Measuring spoons
- Knife
- Peeler
- Juicer
- Food processor
- Spatula

What to do

Task 1 : Prepare the ingredients

Peel and cut the beetroot in cubes, juice the ½ lemon, peel and finely chop the garlic.

Task 2 : Combine

Add all ingredients to a food processor or high speed blender and blend until combined. Adjust seasoning to taste if necessary and add lemon juice, tahini or olive oil to adjust the consistency if required.

Task 3 : Serve

Serve with a drizzle of olive oil and some chopped fresh herbs.

Ingredients

- 1 beetroot
- 3 tbsp tahini
- 1/2 lemon
- 1 small clove garlic
- 1 tsp honey
- 1 tbsp cold pressed olive oil
- Pinch salt
- Handful fresh herbs



Source: mykitchencrowd.com