

Beetroot dip

Traffic light category: **Green**

Serves: 30

Ingredients

- 255g tin of sliced beetroot, drained
- Juice of half a lemon
- 1 clove garlic, crushed
- 125g reduced fat natural yoghurt
- 1 spring onion, finely sliced
- Assorted vegetables and crackers to serve

Method

1. Roughly chop beetroot, place in small bowl. Use a fork or potato masher to mash until smooth
2. Add the lemon juice, garlic and yoghurt and mix until blended
3. Stir through the spring onions
4. Serve with vegetables and crackers.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	18.1kJ	185.9kJ
Protein	0.2g	1.7g
Total fat	0.2g	0.2g
Saturated fat	0g	0g
Carbohydrate	0.7g	7.0g
Sugars	0.7g	7.0g
Dietary fibre	0.3g	3.4g
Sodium	4.2mg	42.6mg

Adapted from taste.com



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