

Miele

Beetroot and Horseradish Dip

By Miele in collaboration with Sports Dietitians Australia

5 minutes

Prep time

25 minutes

Cooking time

4 Servings

Serves



INGREDIENTS

500g beetroot, peeled and cut into wedges
3 tablespoons yoghurt
1 tablespoon fresh grated horseradish, or to taste
2 teaspoons merlot vinegar

METHOD

1. Place the beetroot in a solid steam tray and steam at 100° for 25 minutes, or until soft when cut with a knife.
2. Once cooked, place the beetroot and the remaining ingredients in the bowl of a food processor or blender. Process until a smooth consistency and serve.

Note

- Serve alongside celery and carrot sticks, as well as your favourite wafer cracker.
- This dip will keep in an airtight container in the refrigerator for up to a week, so make on the weekend for tasty lunches all week long!
- A great way to get some endurance boosting nitrates in your diet if you don't enjoy drinking beetroot juice.
- A perfect spread to use on sandwiches or wraps.