

**Miele**

# Beetroot and horseradish dip

By Miele in collaboration with Sports Dietitians Australia

**5 minutes**

Prep time

**1 hour**

Cooking time

**4 Servings**

Serves



## INGREDIENTS

- 500g beetroot, peeled and cut into wedges
- 3 tbsp yoghurt
- 1 tbsp fresh grated horseradish, or to taste
- 2 tsp red wine vinegar
- Salt flakes and pepper, to taste

## METHOD

1. Place the beetroot in a solid steam tray and steam at 100° for 10 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. Season to taste.

## 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.