

RECIPE 1 - BEETROOT DIP



Serves: 8

Time to make: 5 mins

You will need:

- 450g can whole baby beets, draining
- 1/3 cup low-fat unsweetened yoghurt
- 2 teaspoons horseradish cream
- 1 tablespoon chopped chives

Instructions

1. Place whole beetroots in a food processor and process until very finely minced. Add yoghurt and horseradish cream. Process again until combined
2. Stir through chives and refrigerate until ready to serve.

Serve with vita wheat crackers and vegetable sticks (carrot, celery, capsicum, kumara (orange only raw), cucumber).

Nutrition information:

Energy: 100kj
Calories: 24cal
Protein: 1g
Fat: 1g (saturated: 1g)
Carbohydrates: 5g (sugars: 4g)
Dietary fibre: 1g
Sodium: 120mg
Calcium: 10mg
Iron: 1mg



RECIPE 2 - CARROT & CUMIN DIP



Serves: 8

Time to make: 25 mins

You will need:

- 4 carrots, peeled
- 4 tablespoons orange juice
- 4 tablespoons reduced-fat Greek yoghurt
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- Black pepper, to taste
- 3 tablespoons chopped fresh coriander

Instructions

1. Cut carrots into thin slices. Boil until soft then mash roughly with orange juice and yoghurt.
2. Cool slightly then add cumin and garlic. Taste and adjust seasoning. Garnish with coriander.

Serve with vita wheat crackers and vegetable sticks (carrot, celery, capsicum, kumara (orange only raw), cucumber).

Nutrition information:

Energy: 90kj
Calories: 22cal
Protein: 1g
Fat: 1g (saturated: NS)
Carbohydrates: 5g (sugars:34g)
Dietary fibre: 2g
Sodium: 20mg
Calcium: 30mg
Iron: 0.5mg



RECIPE 3 - MEXICAN BEAN DIP



Serves: 8

Time to make: 5 mins

You will need:

- 310g tin kidney beans, rinsed and drained
- 2 teaspoons lemon juice
- 1 garlic glove, crushed
- 2 teaspoons ground cumin
- ½ cup salsa
- ½ - 1 teaspoon hot pepper sauce
- ½ cup light sour cream
- 1 tablespoon coriander

Instructions

Mash the kidney bean and mix in remaining ingredients. Season to taste.

Chill to ready to serve.

Serve with vita wheat crackers and vegetable sticks (carrot, celery, capsicum, kumara (orange only raw), cucumber).

