

Beetroot and Mint Dip

Ingredients

I haven't given any measurements as to be honest I play it by ear

- Cooked beetroot
- Fresh Mint
- Ground cumin
- Salt
- Soft brown sugar
- White wine vinegar
- Low fat Greek style yoghurt

Method

- Finely grate the cooked beetroot into a mixing bowl.
- Chop the mint and add to the beetroot
- Add ground cumin, soft brown sugar and salt to suit taste
- Stir to combine well
- Add white wine vinegar (enough to flavour but not enough to produce an excess of liquid) and stir
- Add enough yoghurt to create a soft spread.
- Leave in the refrigerator for a day so the flavours combine well



Variation

- Grate ready pickled beetroot instead of using fresh beetroot and wine vinegar
- Mayonnaise could be used instead of the yoghurt.