



# BETROOT DIP [KIZ GUZELI]

## INGREDIENTS

[ one large bowl ]

4 beetroots

3 - 4 large spoons of greek yoghurt

herbs & spices to your liking [ dill,

mint, parsley ]

2 - 3 cloves of garlic

salt and pepper

cashew nuts

## METHOD

Remove the beetroot stalks and place in an oven dish, cover with aluminium foil and bake at 180 degrees celsius for about one and half hours, or until soft. Bake the garlic at the same time, for about 20 minutes. Remove and chop into large cubes. Place in blender with garlic, herbs and spines and salt and pepper. Blend till smooth. Roughly chop cashews and mix in. Serve with warm crusty bread or crackers.