

beetroot dip

Make your carrot sticks a whole lot more interesting with this fresh and flavoursome dip.

Ingredients

- 1/2 cup grated beetroot (if you have a high powered food processor, just pop straight in)
- 1/3 cup soaked sunflower seeds (add just enough water to cover seeds, leave for at least 3 hours to soak, then discard water)
- 1 tbs extra virgin coconut oil or olive oil
- 1/2 cup of fresh mint, roughly chopped
- Squeeze of lemon or lime

Method

1. Blend all ingredients together, slowly adding extra water or olive oil until a paste-like consistency forms.