

# Tangy Fermented Beet Dip

With a hint of aromatic spices and yogurt, this dip makes an excellent accompaniment to fresh veggies or flat breads and is even delicious used as a spread on sandwiches. Packed with all the goodness of the probiotics found in the vegetables, the addition of yogurt only makes it even better from a probiotic point of view and garlic packs a prebiotic punch. **Enjoy!**

Serves 6

Prep time: 30 minutes

## INGREDIENTS:

- 2 200 ml packs Caldwell Beets (or homemade beets produced with Caldwell's starter culture)
- 1 cup of Greek yogurt or thick kefir (feel free to use vegan yogurt or 1 cup of silken tofu as a dairy-free alternative)
- 1-2 cloves of garlic (depending on your taste)
- 1 tsp each cumin and coriander powder
- 2 tbsp extra virgin olive oil
- 1/2 tsp salt

## ACCOMPANIMENTS:

- Pita chips (toasted pita bread points), bagel chips, organic corn or potato chips, a mix of fresh vegetable crudité's or use as a spread on your favourite sandwich!

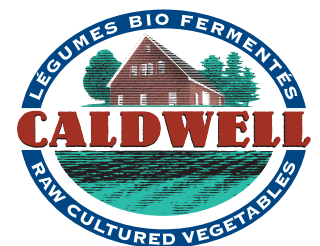
## INSTRUCTIONS:

1. Place the beets in a colander and allow them to drain. Reserve the liquid to add to vinaigrettes and other dressings.
2. Meanwhile, place all of the remaining ingredients into the bowl of a food processor. Add in the beets once they've drained and process everything until you reach your desired consistency.

## TIP:

This is an incredibly versatile recipe. Feel free to substitute other herbs and spices in lieu of the ones mentioned above. Mint, dill and even grated cucumber add a wonderful twist to this delicious dip.

**BON APPÉTIT!**



Tried and tasted by family and friends of the Caldwell clan.  
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