

# Beetroot and Chickpea Dip

Food Foundations • another NAQ Nutrition program

## Ingredients:

- 2 x 400 grams can baby beets (drained)
- 2 x 400 grams can chickpeas (drained and rinsed)
- ½ cup Greek yoghurt
- 4 tablespoons olive oil
- 4 tablespoons lemon juice
- 1 clove garlic



## Method:

1. Place all ingredients into a food processor
2. Blend until smooth
3. Serve with vegie sticks or crackers

**Serves:** 15

Food Group	Serves provided per portion
Vegetables and legumes	0.5
Lean meat and alternatives	0.25