



Traffic light category: **Green** Serves: 30

Ingredients

- 255g tin of sliced beetroot, drained
- Juice of half a lemon
- 1 clove garlic, crushed
- 125g reduced fat natural yoghurt
- 1 spring onion, finely sliced
- Assorted vegetables and crackers to serve

Method

1. Roughly chop beetroot, place in small bowl. Use a fork or potato masher to mash until smooth
2. Add the lemon juice, garlic and yoghurt and mix until blended
3. Stir through the spring onions
4. Serve with vegetables and crackers.

*Recipe adapted with permission from the
Western Australian School Canteen Association Inc.*

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