

# Quick Dips

These dip recipes are quick to make for morning or afternoon tea. Each recipe makes approximately 20 serves and can be served with flatbreads, crackers, or vegetable sticks.



## 1 Beetroot Dip

### Ingredients:

- 2 x 450g cans diced beetroot, drained
- 400g natural Greek yoghurt
- ¼ cup lemon juice
- 1 tsp ground cumin
- 1 tsp ground coriander

### Method:

Combine ingredients in a food processor or with a bar mix until smooth.



## 2 White Bean Dip

### Ingredients:

- 2 x 400g cans cannellini beans, drained
- 2 tbsp lemon juice
- ¼ cup extra virgin olive oil
- 2 tsp crushed garlic
- ¼ cup pesto (optional)

### Method:

Combine all ingredients in a food processor or with a bar mix until smooth. Add pesto for a different flavoured dip.



## 2 Guacamole

### Ingredients:

- 3 x large ripe avocados
- 1 lime, juiced
- 1 x tomato, finely diced
- 1/4 small red onion, finely diced (optional)
- 2 sprigs fresh coriander, chopped (optional)

### Method:

Scoop out avocado into bowl, stir through lime juice and mash. Stir through tomato, red onion, and coriander (if using).



## 2 Tzatziki

### Ingredients:

- 500g natural Greek yoghurt
- 1 continental cucumber, grated
- 2 tsp crushed garlic
- ¼ cup chives, finely chopped

### Method:

Squeeze out excess liquid from grated cucumber. Combine with yoghurt, crushed garlic and chives in a bowl.