



BEETROOT DIP

RECIPE FOR

4x 



PREPARATION TIME
10 MIN

INGREDIENTS

100 g cooked diced beetroot
180 g crème fraîche
1 spring onion
4 tbsp tablespoons sunflower seeds

PREPARATION

1

Purée the beetroot with a hand blender

2

Fold into the crème fraîche

3

Season to taste with salt

4

Cut the onion into fine rings

5

Onion rings and sunflower seeds for garnish