

## Beetroot & coriander dip



250g cooked beetroot  
1 garlic clove, crushed  
1 small bunch of coriander  
1 small bunch of parsley  
2 tablespoons of olive oil  
100g cream cheese  
salt & pepper to taste

- roughly chop the beetroot & herbs
- Add to the food processor with the garlic
- Pulse until you achieve a coarse paste
- Add oil & cream cheese - blitz further
- Add salt & pepper to taste
- refrigerate for 1hr
- Serve!