

Beetroot Dip

Courtesy of Leah Follett
www.leahfollett.com

food processor
kitchen scales
chopping board and knife
measuring spoons
bowl scraper

1. In the food processor, **pulse** until smooth

300 g **fresh beetroot**, peeled and chopped
1 clove of **garlic**
1 **avocado**, peeled and deseeded
2 TBS **lemon juice**
1 TBS **apple cider vinegar**
1 TBS **tahini paste**
1 tsp **ground cumin**
pinch **salt and pepper**

2. **Store covered** in the fridge for up to 3 days until ready to **serve** with

crackers or vegetable sticks

Olive Tapenade

Courtesy of Rowena Jayne
www.rowenajayne.com

food processor
measuring cups and spoons
bowl scraper
airtight storage container

1. In the food processor, **pulse** until smooth

1 cup **pitted kalamata or nicoise olives**
1 large clove of **garlic**
4 TBS **extra virgin olive oil**
3 tsp **lemon juice**
2 tsp **fresh thyme**
½ tsp **Dijon mustard** (optional)
¼ tsp **sea salt**

2. **Store** in an airtight container in the fridge until ready to serve with

vegetable sticks

