



Beetroot And Apple Salad Recipe

Serve: 5

INGREDIENTS

400g Cooked Beetroots (cut into small dice)
30ml Mayonnaise
30ml Low Fat Natural Yogurt
1 Golden Delicious Apple (peel, core and cut into small dice)
20g Dried Chives
2g Ground White Pepper
1g Salt



METHOD

1. Combine the beetroot and apple in a bowl.
2. Stir in the mayonnaise and yoghurt.
3. Add the chives and seasoning then stir evenly.