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Serving: 1 Veg

## Ingredients

- -1 small beetroot, boiled, peeled and pureed OR Grated
- $-\frac{1}{2}$  small onion, chopped
- -1 bowl of dahi / curd ( 100 ml )
- -Salt, to taste
- -1 tbsp Coriander leaves, chopped for garnish

## Preparation Method

- -In a blender add the curd and beetroot puree. Strain in a bowl.
- -Add the chopped onions, and salt to the bowl. Mix
- -Garnish it with chopped coriander leaves.