



Beetroot Raita

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.