



Beet and cherry yogurt

10'
Hands on

15 minutes'
Hands off

2
Portion(s)

1
Difficulty



Ingredients

- 2 beetroots, boiled
- 200 g strained yogurt
- 1 pinch salt
- 1 teaspoon(s) vinegar, of red wine
- 1 tablespoon(s) honey
- 100 g cherries

Διατροφικός πίνακας

Nutrition information per portion

163 Calories (kcal)	3.1 Total Fat (g)	1.9 Saturated Fat (g)	26.0 Total Carbs (g)
8%	4%	10%	10%
25.0 Sugars (g)	7.0 Protein (g)	1.7 Fibre (g)	0.55 Sodium (g)
28%	14%	7%	9%

Method

- Grate the beets using the small holes of a box grater and let them drain for 15 minutes into a colander.
- Squeeze the beets well with your hands over a [bowl](#) so they'll extract their whole juices.
- Transfer them into the blender along with the yogurt, the salt, the vinegar, and the honey. Beat for 1 minute until there is a red, uniform mixture. Transfer into a bowl.
- Cut the cherries into quarters and remove the pit. If you want, keep a few cherries whole.
- Add the yogurt into individual bowls and serve with the cut and whole cherries.