



# Beetroot salad with yogurt

## Ingredients (serves 1)

1 cooked beetroot

1 high-protein yogurt (lactose free in case of intolerance)

20 g skimmed milk powder (lactose free in case of intolerance)

1 tbsp of extra virgin olive oil

2 or 3 walnuts

Fresh mint (optional)

Salt (restrict in case of hypertension and / or fluid retention)

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## Method

1. Mix the yogurt with milk powder, olive oil and salt.
2. Dice the beetroot and add it to the yogurt base.
3. Serve with some yogurt, walnuts and fresh mint leaves on top.
4. Serve.