



## Beets with Yogurt in Dill

6 Servings • 1 Serving = ¼ Cup

Adapted from Real Baby Food by Jenna Helwig

### INGREDIENTS

- 1 ½ cup cooked beets, chopped
- 1 ½ cup plain whole milk Greek yogurt
- 1 teaspoon dill, chopped

### DIRECTIONS

1. Puree the beets in a blender until smooth.
2. To serve, stir together 2 Tablespoons beet puree with 2 Tablespoons Greek yogurt.
3. Sprinkle chopped dill, to taste.

### Nutrition Facts

6 servings per container

Serving size 1/4 cup

Amount per serving

**Calories 80**

% Daily Value\*

Total Fat 3.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 55mg 2%

Total Carbohydrate 7g 3%

Dietary Fiber 1g 4%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 73mg 6%

Iron 0mg 0%

Potassium 225mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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