

## Persian Carrot and Caraway Dip

**(Copied from Nine Servings of Vegetables by Josephine Zanetti with permission)**

This Persian Carrot and Caraway Dip is full of goodness and with no nasty additives. The whole family will love this dip. It can be served on top of lamb or chicken, and in tacos or tortillas. Try it as a dip with blue corn chips- yummo!

Persian and Carrot Dip is easy and quick to whip up and will last in the fridge for a few days.

Makes 1.5cups.

### Ingredients:

- 3 tbsp (45ml) extra-virgin olive oil
- ½ cup (125ml) grated carrots (2-3 large carrots, scrubbed)
- 1 tsp (5ml) caraway seeds
- 1 tbsp (15ml) spring water
- 1 cup (250ml) plain yoghurt (preferably raw)
- Sea salt to taste (optional)

### Method:

1. Preheat a medium saucepan over medium-high heat. Add the olive oil, grated carrots, caraway seeds, and water, and cook, covered for about 10 minutes, or until the carrots are tender.
2. Remove from the heat and set aside to cool to room temperature.
3. Put the yoghurt in a bowl and stir in the carrots and a pinch of sea salt (if desired).

### Variations:

- Add 1 tsp (5ml) of cumin to the ingredients in the saucepan.

Persian Carrot and Caraway Dip includes caraway seeds. These are awesome for the digestive system and are also used for respiratory system complaints. Caraway is great for preventing fermentation in the stomach, relieves stomach cramps, nausea and gas. It is wonderful for relieving colic in babies also. So, make this Persian Carrot and Caraway Dip a regular feature on your table!