


# CARROT AND COTTAGE CHEESE DIP

 for 4 persons

 10 mn

 20 mn

## Ingredients :

500 g of carrots

100 g of cottage cheese

10 cl of liquid cream

20 g of powdered cumin

1 teaspoon **roasted sesame oil**

Salt / Pepper

## Instructions :

1. Peel and slice the carrots. Cook the carrot slices in a saucepan of salted water for 20 minutes.
2. In a bowl, blend the carrots, cottage cheese, liquid cream, sesame oil and powdered cumin until you obtain a smooth texture.
3. Season with salt and pepper and mix it.
4. Serve the dip cold with vegetable sticks, crackers, bread sticks ...

Enjoy your appetizer!

