

Tzatziki & Cheese & Chive Dips



15
YEARS

V / GF

Greek yoghurt has less sugar and more protein than natural yogurt, which makes it more filling. It's also a great source of calcium and magnesium which both support bone strength. Veggie sticks make a crunchy and healthy snack.

Makes: 10 snack sized portions of each dip • Preparation time: 15 minutes

Ingredients

Tzatziki:

- 200g Greek yoghurt
- ½ cucumber
- 1 tsp garlic paste
- ½ lemon (juiced)
- 1 tbsp olive oil
- Pinch salt & pepper
- Bunch of fresh dill/mint

Cheese & Chive:

- 250g pot natural yoghurt
- 100g cheese
- Handful of fresh chives

Equipment

- Sharp knife
- Chopping board
- Grater
- Scissors
- Teaspoon & tablespoon
- Weighing scales/measuring cups
- Serving/mixing bowls
- Serving/mixing spoons

Allergy information

Greek yogurt (dairy): Can use dairy free and plant based alternatives.

Cheese (dairy): Dairy free and plant based cheeses are widely available in supermarkets.

Method

Tzatziki:

1. Grate the cucumber into a bowl.
2. Squeeze out the liquid from the grated cucumber and discard the juice.
3. Combine the yoghurt, garlic, lemon juice, and olive oil into the bowl of cucumber.
4. Add a pinch of salt and pepper, add snipped fresh herbs and give it a good mix.

Cheese & Chive:

1. First scoop the yoghurt into a bowl.
2. Weigh 100g of cheese using the weighing scales.
3. Grate the cheese and add to the yoghurt.
4. Chop the chives finely with the scissors. Add to the yoghurt and cheese. Stir well.

Serve with toasted wholemeal pitta sticks, carrot sticks, peppers, cucumber or peas in a pod!

Top tips

- You could use bottled lemon juice which will keep for longer in the cupboard
- Using garlic paste can make the recipe simpler
- Get children involved by doing some mixing, measuring or snipping up herbs

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