Cheesy dip and dippers

Carrots make a crunchy and healthy snack. A little dip makes them even better. Yoghurt is a great source of calcium and magnesium for bone strength.

Makes: 10 snack sized portions • Preparation time: 25 minutes

Ingredients

- 5 carrots
- 500g pot low-fat yoghurt
- 100g cheese
- Handful of chives/basil (dried or fresh)

Equipment

- Chopping board
- Vegetable peeler
- Sharp knife
- Bowl
- Weighing scales
- Grater
- Spoon
- Scissors (if using fresh herbs)

Top tips

- Use cucumber, peas in a pod or baby corn as alternatives to carrots.
- If you have an oven, you could cut a sweet potato into wedges and bake in the oven for 15 minutes at 180°C. Serve warm, with the dip.

Method

1. Peel the washed carrots, if necessary, then cut the top and bottom off.
2. Carefully slice the carrots lengthways into halves and then quarters. Cut into long strips.
3. To make the dip, first scoop the yoghurt into a bowl.
4. Weigh 100g of cheese using the weighing scales.
5. Grate the cheese and add to the yoghurt.
6. Chop the chives finely with the scissors (or use 1 tsp of dried herbs) and add to the yoghurt and cheese. Stir well.