Mezze snack with tzatziki dip

Greek yogurt has less sugar and more protein than natural yogurt, which makes it more filling. Once the dip is made it creates a beautiful dip, perfect for dunking raw veggies in.

Makes: 8 snack-sized portions • Preparation time: 15 minutes

Ingredients

- 200g Greek yoghurt
- ½ cucumber
- 1 tsp garlic paste (or 1 clove)
- ½ lemon
- 1 tbsp. olive oil
- pinch salt & pepper
- bunch of fresh dill or mint (optional)
- 1 pack of grapes
- 2 packs of whole meal pitta
- 1 cucumber (cut into sticks)
- cheddar cheese block, cut into little cubes
- 1 carrot (cut into sticks)
- 1 pack of falafel (optional)

Method

For Tzatziki:

1. Grate the cucumber into a bowl.
2. Squeeze out the liquid from the grated cucumber and discard the juice.
3. Combine the yogurt, garlic, a squeeze of lemon/vinegar, and olive oil into the cucumber.
4. Add a pinch of salt and pepper, and fresh herbs if using and give it a mix.

For the mezze:

1. Serve with some carrot sticks, peppers, cucumber, grapes and cheese with pitta bread and falafel (optional)

Equipment

- Sharp knife
- Chopping boards
- Grater
- Serving/mixing bowl
- Serving/mixing spoon

Top tips

- Test adding fresh dill and mint to separate portions to see which the children prefer.
- Serve with raw vegetable sticks or warmed whole meal pitta bread.
- You could use bottled lemon juice which will keep for longer in the cupboard.