Tzatziki dip

Greek yogurt has less sugar and more protein than natural yogurt, which makes it more filling. It also has a much thicker consistency.

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

Ingredients

- 200g Greek yoghurt
- ½ cucumber
- 1 tsp garlic paste (or 1 clove)
- ½ lemon (or 1 tbsp white wine vinegar)
- 1 tbsp olive oil
- Pinch salt & pepper
- Bunch of fresh dill or mint (optional)

Equipment

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

Method

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.
5. Serve with some carrot sticks, peppers, cucumber or toasted pitta bread.

Top tips

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