

CUCUMBER & YOGURT DIP



Serves

\$1.03

Cost per serve

10 MIN

Total prep & cooking time



WHY WE LOVE THIS RECIPE

Yogurt is easier to digest than milk and is good for your gut.



FOOD WASTE TIP

A great way to use up cucumber that's starting to soften and wrinkle.

INGREDIENTS



1 cucumber



2 cloves garlic



Zest and juice of one lemon



1 cup low fat Greek yoghurt



2 tbsp. fresh or dried dill & mint



1 tsp. pepper



Wholemeal pita bread



Assorted vegetables (carrots, celery, cucumber)

STEPS



Finely dice or grate the cucumber and mince the garlic.



Zest and juice the lemon.



Mix together yoghurt, cucumber, garlic, lemon zest, lemon juice and herbs.



Season with pepper and chill in the fridge until ready to serve.



Chop up vegetables into sticks and pita bread into bite sized pieces.



Serve the tzatziki with vegetable sticks and pita bread pieces.