



Yoghurt and Mint Dip

Home Learning: Children know how to make a healthy snack.

Ingredients (serves 4)

- 150g natural Greek yoghurt
- 1/4 cucumber
- 1 tsp lemon juice
- 5 mint leaves

Method

1. Wash the cucumber in a sieve/colander and drain.
2. Finely chop the cucumber and add to a mixing bowl.
3. Use a juicer to squeeze the lemon and add 1tsp to the bowl.
4. Finely chop the mint leaves and add to the bowl.
5. Add in the yoghurt and combine well.
6. Spoon into a serving bowl and enjoy!

(Serve with crudité, crackers, oat cakes, rice cakes)

Nutritional Benefits

Lemons are from the citrus fruit family and contain high levels of vitamin C. They are also rich in antibacterial compounds and can support our digestive health. When added to foods they also help to preserve the colours and flavours.

