



## Make Your Own - Fresh Cucumber dip

This recipe is as cool as a cucumber—Refreshing and easy to make.

Serve with sliced veggie's as dippers or pitta breads

### Ingredients - serves 8

½ cucumber/ ½ medium onion

125g pot low-fat natural yoghurt

1 x 15ml spoon lemon juice

5 mint leaves/ Various sliced vegetable to accompany dip

### Equipment-

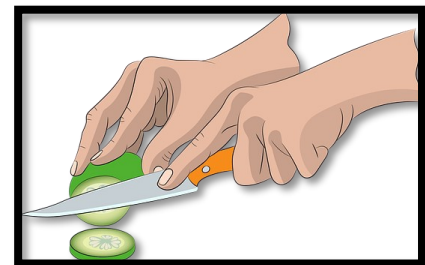
Sharp knife/ Chopping board/Bowl

Juice squeezer/Spoon

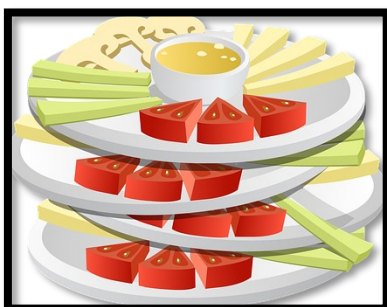
Measuring spoons/Scissors

### Method

1. Peel and chop the onion as finely as possible.
2. Wash the mint leaves and chop them finely using the scissors.
3. Squeeze the juice from the lemon.
4. Scoop the natural yoghurt into the bowl, mix in the lemon juice, chopped cucumber, onion and mint. Stir well.



**Always ask for an adult's permission before cooking in the kitchen**



### Chefs tip

- You can peel the cucumber and remove the seeds if you like but it tastes just as good with them left in - and it's quicker!

