



Yoghurt, Cucumber & Mint Dip

You will need

- Mixing bowl
- Spoon
- Scissors
- Knife
- Chopping Board

Ingredients

- A large pot of natural yoghurt
- Half a cucumber
- A handful of washed, fresh mint or 2 teaspoons of dried mint
- 1 or 2 garlic cloves
- 1 lemon, juiced



How to make:

- Add yoghurt to mixing bowl.
- Wash and finely chop cucumber, add to mixing bowl.
- Using scissors snip the fresh mint into small pieces and add to the bowl. If using dried mint, add to bowl instead.
- Peel and finely chop the garlic, add to the bowl.
- Cut lemon in half then squeeze the juice into the bowl, carefully removing any pips.
- Mix all ingredients together, cover the bowl and leave for 20 minutes in the fridge before serving.