



Yoghurt, Cucumber & Mint (Tatziki)

Ingredients:

- 125ml natural yoghurt
- ¼ cucumber, cut into small dice
- Dessertspoon of freshly chopped mint, or teaspoon dried mint

Method:

Combine all of the ingredients in a bowl.

Ideas for dippers:

- Sticks of celery, carrot, cucumber
- Pitta bread cut into strips
- Strips of red, yellow and green pepper
- Unsalted bread sticks

Did you know ?

Even though fresh cucumbers are mostly composed of water, they still pack a lot of nutrition. The flesh of cucumbers is a very good source of vitamins A, C, and folic acid. The hard skin is rich in fibre and a variety of minerals including magnesium, silica, molybdenum, and potassium.

Yoghurt is an excellent source of protein, calcium, riboflavin and vitamin B12. All important for growth and development.

By dipping vegetables into this dip you will be able to achieve one of your 5 a day.

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