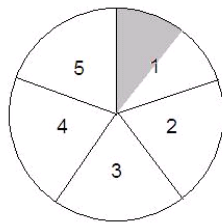


Yoghurt Dip

Serves 5-6

Portions of fruit & vegetables per serving: $>\frac{1}{4}$



Allergen information:

Allergens are in bold.

Contains milk

Ingredients	Amount	Preparation
low fat natural yoghurt	1 large pot (500g)	
mint sauce	2 teaspoons	
sweetener	$\frac{1}{2}$ teaspoon	
vinegar	2 teaspoons	
onion	1 small	finely chopped

Please Turn Over

Method

- 1 Put all the ingredients in a large mixing bowl and mix well.
- 2 Taste and add a little more sweetener and/or vinegar if needed.
- 3 The dip is ready to use!

63 calories		Per serving
Fat	LOW	1g
Saturates	LOW	0.7g
Sugars	MEDIUM	8.6g
Salt	LOW	0.2g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- This dip can be served with poppadoms, sliced pitta bread or vegetable sticks as a low fat starter or buffet dish.
- It also makes a delicious low fat dressing in sandwiches, on salads or baked potatoes.
- Increase the 5 a day portions by adding chopped tomatoes, cucumber and sweetcorn.
- Serve as low fat Raita with a spicy curry.