

Tzatziki Dip

This creamy Greek-style tzatziki dip is flavoured with fresh mint, garlic and crisp cucumber, and creates the perfect opportunity to boost dairy and vegetable intake for the day. Serve with fresh vegetable sticks, crusty bread or toasted pita crisps.



Influence: Greece



Serves 20 children



15 minutes

INGREDIENTS

Cucumbers 2 whole, unpeeled
Yoghurt, plain, low fat 2 cups
(500g)
Garlic 2 cloves
Mint, fresh 2 tbs

DIRECTIONS

1. Finely dice cucumbers with skin on.
2. Gently squeeze excess moisture from cucumber in paper towels.
3. Crush garlic and finely chop mint.
4. Combine yoghurt, garlic and mint in a bowl.
5. Add cucumber and stir gently to combine.
6. Serve with vegetable sticks and pita crisps (add half a serve of vegetables and half a serve of grain).

Allergy Information

Contains: Cow's milk protein

Childcare RDI Calculator:

Fat		0 %
Vegetables	<div></div>	30 %
Meat/Alt*		0 %
Cereals		0 %
Dairy	<div></div>	30 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services