

Dips & Dunkers

(each dip serves 4 – 6)

Preparation time = 30 minutes



Methods

Creamy cheese and chive dip

- Mix the soft cheese and yoghurt together
- Using clean scissors cut the chives into small pieces and mix into the cheese and yoghurt

Quick Guacamole Dip

- Mash the avocados
- Crush the garlic clove
- Finely chop the red onion and chilli
- Chop the tomato
- Juice the lemon
- Mix all the ingredients together

Savoury cottage cheese dip

- Crush the garlic clove
- Mix all the ingredients together

Cheesy Pesto Dip

- Mix all the ingredients together

Tzatziki Dip

- Grate the cucumber and squeeze as much of the juice out as possible
- Crush the garlic cloves
- Juice the lemon
- Combine the yoghurt, cucumber, lemon juice and garlic
- Add a dash of olive oil and sprinkle with paprika

Dunkers

- Chop/slice chosen dunkers into sticks suitable for dunking

INGREDIENTS

Creamy cheese and chive dip

- 100g soft cheese
- 5 tablespoons of Greek yoghurt
- Handful of fresh chives

Quick Guacamole dip

- 2 ripe avocados
- 1 garlic clove
- 1 small red onion
- 1 ripe tomato
- 1 lemon or lime
- ½ fresh chilli (optional)

Savoury cottage cheese dip

- 200g cottage cheese
- 2 tablespoons of low fat mayonnaise
- 2 teaspoons mustard
- 1 garlic clove
- Paprika for sprinkling

Cheesy pesto dip

- 5 tablespoons soft cream cheese
- 1 tablespoon pesto

Tzatziki dip

- 350g Greek yoghurt
- 1 cucumber
- 2 tablespoons lemon juice
- 2 garlic cloves
- Olive oil
- Paprika for sprinkling

Dunkers (anything goes!)

- Pitta bread
- Bread sticks
- Carrot, celery, cucumber, pepper, mange tout, cherry tomatoes, cauliflower

EQUIPMENT

- Mixing bowls
- Garlic crusher
- Grater
- Scissors
- Teaspoon
- Tablespoon
- Sharp knives
- Lemon juicer