



Crunchy Cucumber Dip



Healthy & easy weekend summer dip to make together, using fresh, crunchy cucumbers.

Ingredients

1 Cup Plain Yoghurt
1 Cup Sour Cream
1 Diced Cucumber
Chopped Dill
Chopped Parsley
Salt & Pepper

Equipment

Cutting Board
Cutting Knife
Mixing Bowl
Spoon
Serving Bowl

Always wash hands
before & after helping
in the kitchen

Steps

Step 1

Peel the skin off your cucumber, leave a little bit of greenery for crunch and colour.



Step 2

Cut it in length ways and scoop out the seeds.



Step 3

Dice your cucumber - for chunky dip, cut with a knife, for smooth dip, use a food processor.



Step 4

Chop up the parsley and dill finely.



Step 5

Mix all ingredients together. Leave in fridge to cool and for flavours to combine.



Step 6

Serve with raw veggies, and whole wheat biscuits/rice cakes.