

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

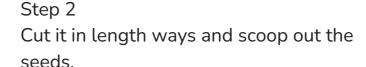
Equipment

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 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.













Remember to always have a grown up helping you while using kitchenware, appliances & utensils **Do not use them on your own**