

Creamy dips and crudites

<p>Ingredients</p> <p>Crudites (Choose 2 from)</p> <p>1 carrot</p> <p>1 stick of celery</p> <p>1 red pepper</p> <p>$\frac{1}{2}$ cucumber</p> <p>Dip (base recipe)</p> <p>100g soft cheese</p> <p>50g natural yogurt</p> <p>Choose 1 of the following flavours:</p> <p>Garlic & herb</p> <p>1 garlic clove</p> <p>handful of snipped chives</p> <p>a little lemon juice</p> <p>fresh ground pepper</p> <p>Spice lovers</p> <p>Sweet chilli sauce</p> <p>Greek</p> <p>$\frac{1}{2}$ cucumber</p> <p>a handful of fresh mint</p>	<p>Equipment</p> <p>All equipment is provided by school</p> <p>*Please remember to bring a container to take your dip and crudites home*</p>
<p><u>Method:</u></p> <ol style="list-style-type: none"> 1. For the crudites, peel and slice the carrot into batons, wash and slice the celery into sticks, wash and deseed the red pepper then cut into long slices and wash and slice the cucumber into strips. 2. For the dip base, mix the soft cheese with the yogurt. 3. For garlic & herb, peel and crush the garlic clove, snip the chives into small pieces, mix into the dip base with the lemon juice and black pepper. 4. For spice-lovers, stir a little sweet chilli dipping sauce, through the base mix. 5. For the Greek dip, grate the cucumber and finely chop the fresh mint and stir into the dip base. 	