Cucumber and Yoghurt Dip

Ingredients

I cucumber

300ml plain yoghurt

2 teaspoon lemon juice

1 teaspoon mixed herbs

Utensils

Chopping board

Bowl

Cheese grater

Wooden spoon

Method

Weigh the yoghurt into the bowl.

Grate the cucumber on the largest side of the grater. Add to the bowl as you go along, as there will be a lot of liquid.

Add the lemon juice and mixed herbs and stir well.

Store in the fridge.

Serve with carrot sticks (carrots that have been peeled and sliced length-ways into quarters then into small sticks), slices of pepper, celery sticks sliced in half lengthways then cut into sticks, cucumber sliced lengthways in quarter then into sticks, toasted pitta bread cut into thin slices or tortilla chips.