

# Super Sonic Dip



For a spicy twist, add ¼ teaspoon chilli powder or chopped fresh chilli.



## Ingredients

- 1 tomato
- 1 clove garlic
- ½ cup low fat natural/Greek yoghurt
- ½ cup extra light cream cheese
- ¼ cup tomato relish or Mexican salsa
- ½ teaspoon ground cumin
- ½ teaspoon paprika



## For dipping:

- 2 carrots                      150g snow peas
- 1 red capsicum            1 punnet cherry tomatoes



## Equipment

Chopping board, knife, fine grater, bowl, measuring cups, measuring spoons, spoon, peeler, serving platter



**1.**

Chop tomato into very small pieces. Grate garlic into bowl.



**2.**

Measure yogurt, cream cheese, relish, cumin and paprika into the bowl. Add chopped tomato and mix until well combined.



**3.**

Peel carrots. Chop all vegetables into dipping sticks. Place vegetables onto serving platter with dip.