

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.