

Cucumber Dip

This recipe was selected to showcase the delicious homegrown cucumbers from our garden. It goes well with a range of foods including vegetables and bread.

Serves- This is a mini batch for each group, enough for 5 wraps and extra for dipping.



Ingredients-

½ cup coconut yogurt
½ cucumber, seeded, finely grated and drained
1 clove garlic, finely minced
½ teaspoon lemon zest plus ½ tablespoon fresh lemon juice
1 tablespoon chopped fresh dill
Salt and freshly cracked black pepper
Olive oil
1 tablespoon chopped mint

Equipment

Measuring spoons and cups
Bowl
Wooden spoons
Knives
Juicer
Chopping boards

Instructions

In a medium bowl, mix the yogurt, cucumber, garlic, lemon zest, lemon juice, and dill. Season with salt and pepper. Chill.

For some extra flavour, add some olive oil and some coarsely chopped fresh mint.

