

## Easy dips

3 dips ⌚ 5 minutes

### Natural Greek yoghurt dip

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#### Ingredients

- 250g Natural Greek Yoghurt
- 1/2 teaspoon of mixed Italian herbs (or just parsley or chives flakes)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- salt & pepper to taste

#### How to

Mix it all together – it's that easy.  
Taste & adjust the flavours to suit.

### Avocado dip

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#### Ingredients

1. 1 avocado
2. Squeeze of lemon juice

#### How to

1. Mash avocado with a fork
2. Squeeze in a little bit of lemon juice

### Hommus

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#### Ingredients

- 1 can chickpeas, drained & rinsed til water runs clear
- 1-2 cloves of fresh garlic, crushed
- 40g lemon juice
- 2 tablespoons tahini
- 2 tablespoons Extra Virgin Olive Oil
- salt & pepper to taste
- 1 tbsp water

#### How to

Put all ingredients in your food processor & whizz until its the consistency you like (chunky or smooth)

**Add crackers & vegetable crudités**

