



INGREDIENTS

- 100g 0% fat Greek yogurt
- 1/3 cucumber
- 1 tbsp lemon juice
- 1 small clove garlic, finely grated
- Dash of Olive Oil (optional)
- Paprika for sprinkling

Tzatziki



Per tablespoon
per portion (15g)

ENERGY	FAT	SATURATES	SUGAR	SALT
40kJ 10kcal	0.5g MED	0.1g LOW	0g LOW	0g LOW
0%	1%	1%	0%	0%

of your reference intake
Typical values per 100g: Energy 269kJ/64kcal

METHOD

- 1 Grate cucumber and remove excess liquid in soft cloth.
- 2 Combine yogurt, lemon juice, cucumber and garlic. Add a dash olive oil here if using.
- 3 Place in serving dish and sprinkle with paprika.



Guacamole

INGREDIENTS

- 1 ripe tomato
- 1 avocado, ripe but not bruised
- Juice of 1 lime
- ½ small red onion, finely chopped
- ½ small chilli, finely chopped
- Handful fresh coriander, chopped
- Salt and pepper if needed



METHOD

- 1 Finely chop onions, chilli and tomato.
- 2 Cut avocado in half and remove stone. Peel skin off. Chop and add a little lime juice to stop it going brown.
- 3 Add chopped coriander and mix/mash it all together. Can be mixed in a blender if you like it smooth.
- 4 Add more lime juice and salt and pepper if needed.

Per tablespoon
per portion (15g)

ENERGY	FAT	SATURATES	SUGAR	SALT
61kJ 15kcal	1.4g MED	0.3g MED	0g LOW	0g LOW
1%	2%	1%	0%	0%

of your reference intake
Typical values per 100g: Energy 409kJ/99kcal