



Traffic light category: **Green** Serves: 2 cups

Ingredients

- 500g Greek yoghurt
- 1 cucumber
- 1 garlic clove
- 1 handful mint, chopped
- 2 tbsp olive oil
- 1/2 lemon, juiced

Method

1. Grate the cucumber, then squeeze out excess water
2. Finely chop the garlic
3. Combine all ingredients in a bowl and mix well to combine
4. Enjoy with cheese, vegetable sticks, or bread!

Hungry for more?

Contact the Fuel to Go & Play® team
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