

Cucumber Dill Dip

Ingredients:

- 1 cup low-fat, plain yoghurt
- 1 cup peeled, seeded and grated cucumber
- 1 tsp dill
- 1 tsp minced garlic
- ¼ tsp pepper



Instructions:

1. Combine all ingredients in a bowl and mix well.
2. Spoon into a serving dish
3. Cover and refrigerate until ready to use.
4. Serve with chicken skewers and an assortment of raw veggies.

In motion Nutrition Tip:

Let the yoghurt drain over a bowl overnight on a cheese cloth or a coffee filter. The dip will seem more rich, creamy and filling without the added calories of full-fat yoghurt!