**MIXER’S TASTY DIPS FROM AROUND THE WORLD**

**Tzatziki Dip (Greece)**

**INGREDIENTS**
- ¼ cucumber, coarsely grated
- Small handful fresh mint, chopped
- 1 spring onion, chopped
- 300ml low-fat Greek-style yoghurt
- ½ lemon, juice only
- Freshly ground black pepper, to taste

In a bowl, mix together all of the ingredients. Season to taste.

Serve with raw vegetable sticks to make this snack one of your 5 A DAY.

Tzatziki (pronounced sat-see-kee) is a Greek dip of yoghurt and cucumber.

**Pineapple Dip (Polynesia)**

**SERVES 4**

**INGREDIENTS**
- ½ green pepper, roughly chopped
- ½ small onion, peeled and roughly chopped
- 150g low-fat cream cheese
- 1 x 230g can pineapple chunks or slices, drained
- 30g pecan nuts

Put all the ingredients in a food processor and blend them.
That’s it! Transfer to a bowl and serve cold.

**EQUIPMENT**
- knife
- chopping board
- small saucepan
- fork
- wooden spoon
- tablespoon
- teaspoon
- bowls
- plates
- mixing bowl
- food processor
- grater

Yoghurt and cucumber dip is eaten in lots of countries under different names, such as raita in South Asian countries and cacik in Turkey.
These delicious dips are quick and fun to make. Enjoy them with some crunchy raw vegetable sticks, wholemeal pita or sliced bread.