Carrot dippers with a cheese and chive dip

Fresh carrots are full of flavour when they are in season. Raw, crunchy carrots are great to dip. This is great as an after school snack.

Ingredients

Serves 4

- 4 carrots
- 250g low fat plain yogurt
- 50g Cheddar cheese (reduced fat)
- Handful of fresh chives

Equipment

Method

1. Wash the carrots and chives. Pat them dry with a clean tea towel.
2. Top and tail the carrots, then peel them.
3. Carefully slice the carrots lengthways into halves and then quarters. Cut into long strips.
4. Next make the dip. Scoop the yogurt into a bowl.
5. Grate the cheese and add to the yogurt.
6. Chop the chives and add to the yogurt and cheese. Stir well.

Top tips

* A safe and easy way to finely chop chives is to place them in a mug and then snip with scissors.

Something to try next time

* Make different dips. Try mixing low fat cream cheese and natural yogurt with some finely chopped onion.
* Use different vegetables when they are in season. Try celery and cucumber in summer or cauliflower and broccoli in winter.

More dip for your carrots - Tomato and cheese dip

Serves 4

- 100g low fat soft cheese
- 1 x 15ml spoon tomato puree
- 1 lemon
- 150g low fat plain yogurt (optional)
- 2 spring onions

Method

1. Place the soft cheese and tomato puree into the mixing bowl.
2. Wash the spring onions and cut off the leaves and roots. Chop the spring onions into 1cm pieces and add the pieces to the mixing bowl.
3. Cut the lemon in half and squeeze the juice from one half of the lemon.
4. Add the lemon juice to the mixing bowl.
5. Mix all the ingredients together thoroughly.
6. If you want to make the dip a bit softer, add one or two 10ml spoonfuls of yogurt.
7. Transfer the dip to a serving bowl and serve with your favourite chopped raw vegetables.