



# Recipe

## Chilli Cheese Dip

### Ingredients

- 2 tbsp. low fat mayonnaise
- 4 tbsp low fat natural yoghurt
- 2oz grated cheddar cheese
- 1 tbsp. chilli powder

### Step 1

Mix together mayonnaise and yoghurt until smooth.

Add the cheddar cheese and chilli powder.

### Step 2

Have a go at making some 'dippers' to taste the dips that you have made! Some ideas include:

Cucumber snacks  
Fingers of raw peppers  
Breadsticks  
Toasted garlic pitta bread

**Top tips:** Wash all the veg, peel the carrots, cut the vegetables into sticks and toast the pitta breads and cut into slices or triangles.