Dips and Dunkers:

50g Natural Yoghurt

50g Low Fat Cream Cheese

Flavourings: see below

The basic dip mix:

1. Mix together the yoghurt and cream cheese with a fork until the mixture is smooth.
2. Add the flavourings from the selection below:

Raita:

Cucumber, onion and mint. Grate a little cucumber and onion and mix into the basic dip mixture. Finely chop the fresh mint and stir into the green dip. A refreshing, Indian style dip.

Tasty Cheese:

Cheese and onion. Finely grate a small chink of cheese and onion into the basic dip mix. Stir together.

Spicy Tomato:

Tomato puree and paprika. Add 1 tablespoon of the puree and a shake of paprika. Add more to taste.

Dunkers:

* Breadsticks or crackers
* Pitta or naan bread
* Carrots, washed and cut into sticks
* Cucumber, washed and cut into sticks
* Apple wedges
* Whole cheery tomatoes