



Greek Yoghurt Dressing

Makes 9 servings (contains approximately 13 kcal in each 1 tablespoon serving)

Ingredients

2 garlic cloves
5 tablespoons Greek style yoghurt (75ml)
2 tablespoons water (30g)
1 tablespoons apple cider vinegar (15g)

2 teaspoons snipped fresh chives (10g)
1 tablespoon chopped fresh dill (5g)
sea salt (optional) and freshly ground black pepper



Method

Peel the garlic and then use a garlic crusher to crush or the fine side of a box grater if you find that easier.

Put all the ingredients into a screw-lid topped jar and season lightly with salt (optional) and add plenty of freshly ground black pepper – a ¼ teaspoon is about right. Then screw the lid back on tightly. Shake hard until the dressing has thickened and emulsified. Store in the fridge until needed.