

# Carrot Dippers with a Cheese and Chive Dip

Raw, crunchy carrots are great to dip. Try this as a snack!



Milk\*

Nutritional information per portion (160g):

Energy 414kJ 98kcal 5%	Fat 2.9g 4%	Saturates 1.7g 9%	Sugars 11g 12%	Salt 0.36g 6%
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of an adult's reference intake.  
Typical values per 100g: energy 259kJ/61kcal.

## Equipment

Weighing scales  
Colander  
Sharp knife  
Chopping board  
Vegetable peeler  
Bowl  
Grater  
Spoon  
Scissors  
Clean tea towel

## Ingredients

**Serves 4**  
4 carrots  
2 x 125g pots low-fat natural yoghurt  
50g reduced-fat cheese  
Handful of fresh chives

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## 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 natural yoghurt into a bowl.
5. Grate the cheese and add to the yoghurt.
6. Chop the chives finely with the scissors and add to the yoghurt and cheese. Stir well.

## Something to try next time

- Make different dips. Try mixing reduced-fat cream cheese and natural yoghurt with some finely chopped onion.
- Try using celery and cucumber in summer or cauliflower and broccoli in winter.

Skills used include:

Weighing, peeling, chopping, grating and mixing/combining.