



Dips recipes and ideas

Shop bought dips often contain added sugar and salt, so it's best to try and make your own. Here are some simple recipes.

Hummus



Blend all the following ingredients until smooth:

- 1 can of chickpeas, drained
- 2 teaspoons tahini
- 1 tablespoon lemon juice
- 2 tablespoon olive oil
- 1 clove garlic, crushed
- ½ teaspoon of ground cumin
- Pinch of black pepper

Note: if buying shop-bought hummus, choose plain hummus, as flavoured hummus will have extra salt added.

Pea and mint dip



Blend all the following ingredients until smooth:

- 400g frozen peas
- 150g plain (natural) yoghurt
- ½ teaspoon ground cumin
- 1 garlic clove, crushed
- 2 spring onions, chopped
- Handful of fresh mint leaves, chopped

Curried lentil dip



Blend all the following ingredients until smooth:

- 1 can of lentils, drained
- 1 garlic clove, crushed
- 1 tablespoon tomato puree
- 1 teaspoon curry powder
- 2 tablespoons olive oil
- 1 tablespoons water
- Pinch of black pepper

Cucumber and mint raita



In a bowl, mix all the following ingredients until well combined:

- 250ml plain natural yoghurt
- ½ cucumber, grated
- Handful of fresh mint leaves, chopped

As time is always an issue, most of these could be made with the children; great learning opportunities!





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Cream cheese

What to look for:

- Choose plain varieties, as flavoured varieties (e.g., chilli, garlic and herb) will have extra salt added
- Avoid reduced fat varieties – standard version is fine

Tzatziki dip



In a bowl, mix all the following ingredients until well combined:

- 350g Greek style yoghurt
- 1 cucumber, peeled and de-seeded, then grated
- 2 tablespoons lemon juice
- 2 garlic cloves, crushed
- Pinch of paprika

Guacamole



Blend all the following ingredients until smooth:

- Flesh of 2 avocados (remove skin and seed)
- Juice of half a lime
- 1 clove of garlic, crushed
- 1 tablespoon fresh coriander leaves

Yoghurt and herb dip



In a bowl, mix all the following ingredients until well combined:

- 400g Greek yoghurt
- 4 spring onions, finely chopped
- Pinch of black pepper
- 2 tablespoons fresh herbs – the following combinations work well:
 - Dill and mint
 - Parsley, chives and basil leaves
 - Parsley plus 2 cloves of crushed garlic

Note: You can experiment with different herbs or combinations of herbs

Sardine dip



In a bowl, mix all the following ingredients until well combined:

- 2 x 120g cans of sardines in oil
- 200g cream cheese
- 2 spring onions, finely chopped
- 1 tablespoon of lemon juice