



CREAMY CUCUMBER HERB DIP



INGREDIENTS

ITEM	QUANTITY
• Lactose-free Plain Greek Yogurt	1 Cup
• Finely Grated Cucumber, Squeezed Well to Remove Excess Liquid	¼ Cup
• Fresh Lemon Juice	1 Tbsp.
• Chopped Fresh Chives	1 Tbsp.
• Chopped Fresh Parsley	1 Tbsp.
• Extra Virgin Olive Oil	1 Tsp.
• Dried Dill	½ Tsp
• Salt and Black Pepper, to taste	

SERVING SIZE **¼ CUP PER SERVING**



PREPARATION

- Place the grated cucumber in a clean kitchen towel or several layers of paper towel and squeeze firmly to remove excess moisture.
- Add the lactose-free Greek yogurt to a bowl.
- Stir in the cucumber, lemon juice, chives, parsley, olive oil, dill, salt, and pepper.
- Mix until smooth and evenly combined.
- Cover and refrigerate for at least 20 minutes before serving.
- Stir before serving.