



## Dips and Dressings

Court Lodge's organic natural pouring yogurt and thick & tasty yogurt are great for creating your own homemade salad dressings and dips.

These three simple recipes are versions of raita or tzatziki style dips that can be whipped up in minutes. They are delicious with so many dishes and can be adapted to make your favourite healthy dips and dressings.

Experiment by blending the yogurt with your choice of ingredients, herbs and spices. You can also decant any remaining dip/dressing and keep it in the fridge to be used again.

## Method

In a medium bowl, mix all the main ingredients and add salt and pepper at the end to taste.

For salad dressings, ingredients can be whisked or blended with Court Lodge natural pouring yogurt. For thicker dips, mix ingredients with thick and tasty yogurt by hand or with a spoon. For extra flavour and if desired add some olive oil.

**Delicious and simple serving suggestion - brush a pitta with olive oil and sprinkle on your dressing/dip mix. Bake or grill until crispy and serve.**



## Ingredients

### Recipe 1

250ml Court Lodge Organic Yogurt (pouring or thick & tasty)  
½ cucumber, de-seeded and grated (can drain if a lot of liquid)  
Small handful coriander leaves, roughly chopped  
Zest and juice 1 lime  
Salt and black pepper to taste

### Recipe 2

250ml Court Lodge Organic Yogurt (pouring or thick & tasty)  
Large handful fresh mint, finely chopped  
Half a green chilli, finely chopped  
Salt and black pepper to taste

### Recipe 3

250ml Court Lodge Organic Yogurt (pouring or thick & tasty)  
½ cucumber, de-seeded and grated (can drain if a lot of liquid)  
Small handful of fresh wild garlic OR 2 garlic cloves, finely minced or crushed  
1 tsp lemon zest and 1 tbsp fresh lemon juice  
Large handful chopped fresh dill  
Salt and black pepper to taste