

# Pepper and Cucumber Minty Dip

## You will need

red, yellow and green bell peppers, mini cucumbers or cucumber chunks, carrot chunks, a cup of natural yoghurt, mint leaves

## Before the children begin their work....

Cut the tops off the peppers and scoop out the seeds. Cut each pepper in half.

Chop the ends off the carrots and cucumbers.

## Actions for Little Cooks on the Snack Team

- 1. Pull the mint leaves into little pieces.**
- 2. Stir into a little bowl of yoghurt.**
- 3. Chop the peppers, cucumbers and carrots up into little slices, chunks or sticks.**
- 4. Dip into the minty yoghurt and enjoy!**