

Apple and Minty Maple dip



Season: Winter / Spring

Serves: 30 tastes in the classroom

Greek yoghurt is high in protein and low in sugar. Great for a snack or dip with fruit.

Fresh from the garden: apples, mint

Equipment:

Cutting board

Knives

Mixing bowls

Serving bowls

Ingredients:

- 10 apples (any variety)
- 500g plain Greek yoghurt
- 1 teaspoon cinnamon
- 2 tablespoons pure maple syrup
- Handful of mint leaves

What to do:

1. Mix cinnamon with Greek yoghurt
2. Stir in pure maple syrup
3. Cut mint leaves into tiny pieces
4. Mix into yoghurt
5. Core and cut apples into thin wedges
6. Dip apple wedges into yoghurt mix

