



# Low FODMAP Tzatziki Dip

Serves: 50

Prep: 10 minutes

Cook: No Cooking  
Required



Stack Cup

Ingredients	Metric	Imperial
Plain Greek yoghurt (Lactose free if required)	1000 g	
3 cucumbers, finely chopped	525 g	
1½ tbsp garlic infused olive oil	27 g	
1 tbsp dried mint flakes	12 g	

### Method

1. Empty yoghurt into a large bowl.
2. Mix through cucumber (discard liquid that comes from chopping the cucumber) and mint.
3. Stir through garlic infused olive oil into the yoghurt mixture.
4. Taste test and add in more cucumber or dried mint if you prefer.
5. Place in the fridge and serve cold in smaller portions: serve as a dip, with meat, in sandwiches, with rice dishes, roast potatoes, or anyway you like.

### Hints

- Use 2 Tbsp of finely chopped chives or the green parts of a spring onion instead of garlic infused olive oil (still need to add in plain olive oil – use 1 Tbsp instead)
- This will last in the fridge for 2 weeks

Nutrition Information (per serve)	
Energy	96 Kj / 23 cal
Protein	1.20g
Carbohydrates	1.10g
Sugar	1.70g
Total Fat	1.40g
Saturated Fat	0.60g
Fibre	0.10g