

Greek Yogurt Dip 3 Ways



Explore our delicious recipes for Greek Yogurt Dips 3 Ways. Elevate your appetizers with these creamy and flavorful dips. Easy to make, they are sure to impress at any gathering or occasion. Get ready to tantalize your taste buds!

Preparation 5 min
Cooking 0 min
Servings 3
Nutrition Facts (per serving)
Calories 90
Fat 7
Carbohydrates 3
Fibre 1
Protein 3
Sodium 20

Ingredients

Greek yogurt & avocado

- 125 ml (½ cup) plain Greek yogurt 0% m.f.
- ½ ripe avocado, mashed
- 2,5 ml (½ tsp) cumin

- 5 ml (1 tsp) fresh cilantro, finely chopped
- 5 ml (1 tsp) lime juice
- Salt and pepper to taste

Homemade lemon tzatziki

- 125 ml (½ cup) plain Greek yogurt 0% m.f.
- 60 ml (¼ cup) sour cream, 1-5% m.f.
- 125 ml (½ cup) finely chopped cucumber
- 15 ml (1 tbsp) fresh dill, finely chopped
- 15 ml (1 tbsp) lemon juice
- 5 ml (1 tsp) lemon zest

Curry & Maple Dip

- 125 ml (½ cup) plain Greek yogurt 0% m.f.
- 60 ml (¼ cup) light mayonnaise
- 1 green onion, finely chopped
- 10 ml (2 tsp) curry powder
- 5 ml (1 tsp) maple syrup

Preparation

1. Mix all the ingredients for the dip in a bowl.

Notes

Can be kept for 3 days in the refrigerator in an airtight container.



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