

## **Garden Yogurt Dip**



### Equipment:

- Knives or choppers
- Cutting boards
- Serving platter
- 1 bowl
- Measuring spoons

### Ingredients:

- 1 container plain yogurt (Greek yogurt works well)
- Handful of herbs or greens. Try chives, oregano, dill, parsley, dandelion greens, spinach, lambs quarters, etc.
- 2 teaspoons lemon juice
- Pinch of salt
- Fresh veggies or crackers for dipping (try sliced sunchoke, radishes, or pea shoots!)

### What to do:

- Chop veggies into bite size pieces
- Cut herbs and green into small pieces
- Put yogurt in a small bowl and add herbs, greens, lemon juice and salt
- Dip veggies into dip and enjoy!