



Emmi Greek Style

Yogurt lime dip

Ingredients (Serves four)

150 g Emmi Greek Style Yogurt
Natural 0%

1 lime, juice & grated zest

¼ chilli, finely chopped

½ tbsp icing sugar

Salt

Pepper

Method

- Stir Emmi Greek Style Yogurt Natural 0% in a bowl until smooth.
- Add the lime juice and zest and stir well.
- Add the chopped chilli.
- Season with icing sugar, salt and pepper.

Pour into a small bowl and garnish with grated lime zest.

Tip: ideal with spring rolls, meat and fish dishes.



**10%
protein,
0% fat**