



Emmi Greek Style

Yogurt sweet & sour dip

Ingredients (Serves four)

- 150 g Emmi Greek Style Yogurt Natural 0%
- 4 tbsp sweet chilli sauce
- ½ lime, juice & grated zest
- ¼ chilli, finely chopped
- Salt
- Pepper

Method

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

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

Tip: ideal with satay skewers.



**10%
protein,
0% fat**