

TASTY DIPS FROM AROUND THE WORLD

These delicious dips are quick and fun to make. Enjoy them with some crunchy raw vegetable sticks, wholemeal pitta or sliced bread.



Tzatziki dip (Greece)

Ingredients: • 1/4 cucumber • 2 tablespoons chopped fresh mint or a pinch dried mint
• 1 spring onion • 300ml low-fat natural yoghurt

To make tzatziki (sat-see-key) ask an adult to help you finely chop the cucumber, mint and spring onion. Then, mix together the cucumber, yoghurt, mint and spring onion in a bowl. Eat your dip cold.

Did you know? The first ever Olympic Games took place in ancient Greece in a place called Olympia.

Equipment: • knife • chopping board
• small saucepan • fork • wooden spoon
• tablespoon • teaspoon
• bowls • plates • mixing bowl
• food processor • biscuit cutters to cut bread slices into different shapes

Guacamole dip (Mexico)

Ingredients: • Bunch of coriander • 2 tomatoes
• 3 spring onions • 3 ripe avocados • 1 tablespoon water • juice 1/2 lime
• a drop of chilli sauce



To make guacamole (gwok-a-mole) ask an adult to help you finely chop the coriander, tomatoes, spring onions and to take the stones out from the avocados. In a mixing bowl mash the flesh of the avocados with a fork. Finally stir in the coriander, tomatoes, spring onions, water, lime juice and, if you want to, the chilli sauce. Eat your dip cold.

Did you know? The capital of Mexico is Mexico City. It's one of the largest cities in the world.



Broad bean dip (Morocco)

Ingredients: • 1 can (300g) broad beans, drained
• 2 cloves garlic, peeled • 2 tablespoons olive oil or vegetable oil • 1 tablespoon lemon juice • 1 tablespoon water
• 1/4 teaspoon ground cumin • 1/2 teaspoon mild paprika

To make this dip put the broad beans, garlic, olive oil and lemon juice in a food processor and blend them well. Then stir in the water, cumin and paprika. Finally, put the dip in a saucepan and heat it for 3-5 minutes. Eat your dip warm.

Did you know? The main language that most people speak in Morocco is Arabic.



Red lentil dip (India)

Ingredients: • 120g red lentils, rinsed • 250ml water
• 1/2 tablespoon olive oil or vegetable oil • 1 garlic clove, crushed • 1/2 teaspoon mild paprika • 1/2 teaspoon ground cumin

Ask an adult to help you cook the lentils, by putting the lentils in a small saucepan and bringing the lentils and water to the boil. Then cook the lentils on a low heat for about 15 minutes until they are soft. Put the drained lentils in a bowl and have fun mashing them with a fork. To finish off the dip add the oil, garlic, spices and mix together. Eat your dip warm.

Did you know? Many animals live wild in India, including tigers, camels, bears and elephants. In Indian cities it's even common to see monkeys and cows in the streets.



Pineapple dip (Polynesia)

Ingredients: • 1/2 green pepper
• 1/2 small onion • 170g low-fat cream cheese • 1 can (227g) sliced pineapple • 60g pecan nuts

This dip is so easy to make. Ask an adult to help you chop the pepper and onion. Then put the cheese, pepper, onion, pineapple and pecan nuts in a food processor and blend them. All done! Eat your dip cold.

Did you know? Polynesia, which means 'many islands', is the name of an area in the Pacific Ocean which includes thousands of islands.



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