

# TURMERIC-YOGHURT DIP



LifeShape Clinic

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## INGREDIENTS

1 cup plain low fat Greek yoghurt  
2 tablespoons chives, chopped  
1 tablespoon olive oil  
2 teaspoons lemon juice  
1 teaspoon ground turmeric  
1 teaspoon onion powder  
3/4 teaspoon salt  
1/8 teaspoon pepper  
2 teaspoons seeds  
1 medium carrot, sliced  
1 medium capsicum, sliced  
1 large celery stalk, sliced

## METHOD

1. In a small bowl, combine yoghurt, chives, oil, lemon juice, turmeric, onion powder, salt, and pepper.
2. Sprinkle sesame seeds over the dip.
3. Serve with vegetables.

10 MINS  
OR LESS



## Nutrition Guide

### PER SERVE

Energy (cal)	72cal
Protein	3.4g
Fat	3.5g
Saturated Fat	0.8g
Carbohydrate	5.3g
Sugar	5.1g
Sodium	42.4mg
Fibre	2.3g

### RECIPE VARIATION

1200

Snack Requirement: 70 - 100 cal  
Meets Requirements: Yes  
Total Meal Calories: 72 cal

1500

Snack requirement: 120 - 150 cal  
Meets requirements: No  
Recommendations: Add 2 Ryvita crispbreads per serve  
Total meal calories: 125 cal

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