

Whipped Creamy Feta Dip

Yoghurt is a great substitute for cream and mayo, in many sauces. It adds that creamy zing!

INGREDIENTS

Serves 6 | Serving size 80 g

200 g (3-4 round circles) good quality feta cheese
110 g (100 ml) thick Greek-style yoghurt
1 heaped tbsp (40 g) mayonnaise
1 garlic (2 g) clove, minced
2 tbsp (24 ml) extra virgin olive oil
1 tsp dry oregano
pinch of chilli flakes (optional)
readymade pita breads

Garnish

fresh thyme olives
olive oil black pepper

METHOD

1. In a food processor, or in a bowl using an emulsion blender, combine the feta, yoghurt, mayo and garlic. Blend until smooth, scraping down sides as necessary.
2. Add the olive oil and blend well. Do not over blend it so that it has a little textured.
3. Add the oregano and chilli flakes. Give it one more quick mix.
4. Decanter the whipped feta into a serving bowl and decorate with a splash of olive oil, fresh thyme and some olives. Enjoy!



Nutrition Facts

Serving size: 80 g

Energy (kJ)	963
Protein (g)	8
Total Carbohydrates (g)	3.2
Fat (g)	20.9
Calcium (mg)	191

*Excluding the pita bread



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