Nutrition for Early Learning and Child Care

**Yogurt Dips**

**Garlic and Dill**
- 5 ml (1 tsp) garlic powder
- 2.5-5 ml (1/2 – 1 tsp) dried dill
- 12 ml (1 tbsp) lemon juice
- 1 ml (1/4 tsp) pepper
- 1 ml (1/4 tsp) salt (optional)

**Italian**
- 5 ml (1 tsp) dried oregano
- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) dried thyme
- 1 ml (1/2 tsp) pepper
- 2.5 ml (1/2 tsp) garlic powder
- 1 ml (1/4 tsp) salt (optional)

**Ranch**
- 2.5 ml (1/2 tsp) dried dill
- 5 ml (1 tsp) dried onion flakes
- 1 ml (1/4 tsp) pepper
- 1 ml (1/4 tsp) salt (optional)
- 5 ml (1 tsp) onion powder
- 5 ml (1 tsp) garlic powder

**Tzatziki**
- 250 ml (1 cup) cucumber - seeded and grated
- 15 ml (1 tbsp) olive oil
- 30 ml (2 tbsp) lemon juice
- 1 ml (1/2 tsp) pepper
- 1 ml (1/2 tsp) salt (optional)
- 1 clove minced garlic (optional)
- 30 ml (2 tbsp) fresh dill, chopped (optional)

**Fruit Dip**
- 125 ml (1/2 cup) thawed and mashed frozen berries
- 15 ml (1 tbsp) maple syrup or liquid honey

**Directions**
1. Add seasonings to 250-500ml (1-2 cups) plain yogurt *depends on how flavourful you want the dip*.
2. Mix and serve.
3. Can be stored in the fridge for up to 5 days.

**Tips**
- Make ahead and use for the whole week.
- Try different flavour combinations
- You could mix half yogurt, half sour cream.
- Try fresh herbs when available.
- *Kids can...* measure and mix ingredients, arrange veggies or fruit on plate.