



GREEK STYLE FETA DIP

Explore the flavours of Greece by garnishing plain yogurt with cucumber, oregano, olives and feta. A savoury snack perfect to enjoy any time of the day!



PREP TIME
15 minutes



SERVES
12

DIRECTIONS

1. Divide yogurt among 12 small bowls. Top each with cucumber, olives and feta. Sprinkle each with some of the oregano.
2. Drizzle with oil and sprinkle with pepper. Garnish with a few mint leaves before serving.

TIP: Guests are encouraged to stir everything into the yogurt to enjoy a wonderful experience of flavour.

INGREDIENTS

- 6 cups (1.5 L) Oikos plain Greek yogurt
- 1½ cups (375 mL) thinly sliced cucumber
- ¾ cup (175 mL) pitted kalamata olives
- ¾ cup (175 mL) crumbled feta cheese
- 1 tbsp (15 mL) dried oregano
- Extra virgin olive oil
- Fresh cracked black pepper
- Small fresh mint leaves

Per serving

(1/12th recipe/about 150 g)

180	calories
12 g	fat
4.5 g	saturated fat
0 g	trans fat
5 g	carbohydrates
0 g	fibre
4 g	sugars
12 g	protein
25 mg	cholesterol
270 mg	sodium
200 mg	potassium
175 mg	calcium
0.2 mg	iron



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