



YOU CAN COOK  
AND YOU DO HAVE THE TIME

**Kev's Kitchen**

## SALMON DIP

**Time: 10 minutes**

**Serves: 4**

### **Ingredients:**

250g plain Greek yogurt  
150g smoked salmon - cubed  
3g fresh baby dill  
3g Louisiana style hot sauce

### **Preparation:**

Combine all ingredients in a food processor and blend to desired consistency.

Chill well to thicken before serving.

### **Nutritional Information Per Serving:**

Calories: 87  
Fat: 3g  
Carbs: 2g  
Fibre: 0g  
Protein: 13g