

Apple Raita:

Yield: 2 cups

Preparation Time: About 15 minutes

Ingredients:	Equipment:
<ul style="list-style-type: none">• 1 large apple (your favourite kind and preferably local)• 1 Tbsp. honey• Pinch ground cinnamon• 1 cup (250 ml) plain low-fat yogurt	<ul style="list-style-type: none">• Box grater• Measuring cups and spoons• Small, sharp knife• Cutting board• Melon-baller• Large spoon• Medium-sized bowl• Bowl for serving

Method:

1. Wash the apple. Cut the apple in half, from stem to *sepal*. Remove the core with a melon-baller. Grate the apple on the largest hole on the box grater. Put in a medium-sized bowl.
2. Add the yogurt to the bowl.
3. Add the honey and cinnamon to the bowl.
4. Mix together well. Cover and refrigerate to allow the flavours to meld.
5. Transfer to a serving bowl. Serve with fresh fruit or wedges of whole wheat pita bread.

Tasty Tip:

- 👉 Instead of cinnamon, try tearing a tablespoon of fresh mint leaves into the dip.