

Zucchini Bread Recipes

Cucumber Snack – Quick Healthy Bite

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, washed and sliced into sticks
- [ ] 1 cup plain Greek yogurt
- [ ] 1 tablespoon fresh dill, chopped
- [ ] 1 teaspoon lemon juice
- [ ] 1 small garlic clove, minced
- [ ] 1 teaspoon extra-virgin olive oil
- [ ] Pinch of sea salt

Optional Garnish

- [ ] Extra dill leaves
- [ ] Lemon zest

Instructions

1. Wash cucumbers, trim ends, and slice into uniform sticks about 4-5 inches long.



2. In a small bowl, combine Greek yogurt, chopped dill, lemon juice, minced garlic, olive oil, and a pinch of sea salt; stir until smooth.



3. Let the dip rest for five minutes, allowing the flavors to meld.



4. Arrange cucumber sticks on a serving platter, dollop the yogurt dip in the center, and garnish with extra dill and lemon zest if desired.



5 Serve immediately, or keep the dip chilled and the cucumbers covered for up to an hour.



Nutrition per serving

85 kcal	7 g	8 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thinner dip, add a splash of milk or water.
- Pat the cucumber sticks dry to prevent excess moisture in the dip.
- For a sweeter note, stir in a tiny drizzle of honey.