

# KeeKee's Tasty Tzatziki

Tzatziki (tza-TZEE-kee) is a traditional Greek dip and dressing. In Greece, it is served with grilled beef or chicken, or as a dip for pita bread. No matter what - tzatziki is always served cold. That makes it the coolest dip around!



## To Make Tzatziki, You Will Need:

- 1 adult friend
- 1 medium cucumber
- 1 cup plain yogurt (not vanilla!)
- 1 TBSP olive oil
- 1 TSP fresh mint, finely chopped
- 1 TSP garlic powder
- Salt to taste

## Directions

1. First things first, wash the cucumber and the mint off and dry with a towel.

*KeeKee says: Yum! Do you smell that mint?*

2. If your adult friend says it's ok, help them peel the cucumber with a vegetable peeler. Then, have them slice it into small slices.

*KeeKee says: You can help by throwing the cucumber peels in the garbage or compost.*

3. Have your adult friend get the food processor. This machine will help us turn all the ingredients into tzatziki!
4. Have your adult friend put the cucumber slices and the rest of the ingredients into the food processor. Once the lid is on, ask if you can push the button! You want to mix it all up until it is smooth.

5. Have your adult friend take the tzatziki out of the food processor and spoon it into a bowl.
6. Cover the bowl with plastic wrap and let it chill in the refrigerator for an hour.

*KeeKee says: This will make it taste even better!*

7. It's time to enjoy your tzatziki!

Here are some fun ways to enjoy this cool dip:

- Dip crackers or pretzels into the tzatziki for a snack.
- Spread tzatziki on bread (instead of mayonnaise) to hold your turkey sandwich together!
- Spoon a little tzatziki on top of your baked potato.
- Do you like salads? Good for you! You can use tzatziki as a salad dressing, too.

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