

Dill-icious Herb Yogurt

Age: Toddlers (18-36 months), Preschool-age (3-4 years)

This activity helps your child's development in this domain: Physical

What You Need:



- 16 oz organic, plain Greek yogurt
- 1 cucumber, seeded and grated or sliced thinly
- 1 garlic clove, pressed
- 1 T. lemon juice (add more if needed)
- 1 tsp. olive oil
- ¼ c. parsley, fresh chopped
- 2 T. fresh chopped dill
- Salt and pepper to taste

What To Do:

1. Scoop the Greek yogurt into a bowl.
2. Add the cucumber and mix well.
3. Talk about the ingredients and have your child add the parsley and dill as well as the pressed garlic, lemon juice, olive oil, pinch of salt, and dash of pepper into the mixture.
4. Mix well and taste, adjusting the flavor if needed.

Adapted from Farm to Keiki by Tiana Kamen

