

Eggplant Dip

2 eggplants
2 Tbsp lemon juice
2 cloves garlic
½ tspn smoked paprika
2 Tbsp olive oil
125g natural yoghurt

Bake eggplants at 180C for 30-40 minutes or until cooked. Remove flesh from skin; squeeze out extra liquid and process with other ingredients until smooth. Season to taste. Serve with vegetable sticks and/or toasted pita bread.

Health Habits: