

## **Cucumber 'dip'**

1 Peeled, seeded and finely chopped cucumber (if the seeds are small you can leave them in)

½ - 1 cup Greek yogurt or Cashew sour cream (see Mock Tuna Salad recipe)

Stir the finely chopped cucumber into the yogurt or Cashew sour cream and spread on your favorite bread, cracker or sliced vegetables.