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Whipped Feta, Thyme & Honey

Preparation time: 10 minutes

Recipe by: Ryvita



INGREDIENTS

75g natural yogurt

50g feta

Juice ½ lemon (20g)

1 tbsp. extra virgin olive oil (12.6g)

½ tsp dried thyme (0.5g)

1 tbsp. runny honey (21g)

4 Ryvita Crackerbread Wholegrain (40g)

METHOD

1. Beat the yogurt, feta, lemon juice and olive oil together until smooth and whipped then stir through the dried thyme and some black pepper.
2. Spread onto the crackerbread and drizzle over the honey to serve.

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