

**lab (African yoghurt and cheese dip)**

250g cottage cheese  
250g plain thick yoghurt  
250g feta cheese  
1 tsp oregano  
1 tsp basil  
Salt & pepper to taste  
1 tbsp grated lemon rind  
1 tsp fresh thyme leaves  
¼ cup chopped spring onions  
1 tsp caster sugar  
2 tsp crushed garlic

- 1 Chop herbs, spring onions, feta and all large ingredients
- 2 Mix everything together and beat with a wooden/bamboo spoon until all ingredients combined.
- 3 Keeps for about a week in the fridge and tastes best approx 2 days after making it