





Serves: 4-6
Ingredients:

- 1 lb plain yogurt or dairy-free yogurt (not Greek)

- ½ cucumber

- 3 garlic cloves, crushed

- 2 tbsp mint, chopped + more for serving

- 2 tbsp good quality olive oil

- 1 tbsp white wine vinegar

Salt to taste

Pita bread, warmed

Method:

- Place the yogurt in a medium-sized bowl. Peel and grate the cucumber, squeezing a little at a time in the palm of your hand to remove excess water. Stir the cucumber into the yogurt.
- Stir in the garlic, mint, olive oil, vinegar, and a pinch of salt. Cover and chill in the refrigerator.
- To serve, taste for seasoning and add salt as necessary. Top with fresh mint and serve with pita bread as a side dish or appetizer.



