

TZATZIKI DIP

3 Cups Greek yoghurt
3 cloves crushed garlic
3 Lebanese cucumbers, peeled , de-seeded and grated
1 tablespoon lemon juice
20 mint leaves, finely chopped
Pinch salt

WHAT TO DO

Crush the garlic and place into the bowl with yoghurt.
Coarsely grate the cucumber into a sieve set up over a bowl.
Add the salt and press juice from cucumber.
Add the grated cucumber to the yoghurt and garlic.
Now add 1 tablespoon of lemon juice and the finely chopped mint leaves.

Serve with carrots, celery and capsicum, all sliced lengthways.

ENJOY this very healthy and tasty dip.