

Serve with vegetables for a healthy platter at morning or afternoon tea.

Vegetarian  
Soy free  
Gluten free

### Tips

Add lemon juice to taste.

Can be prepared ahead of time.

Can be added to sandwiches and wraps or drizzled over salad as an alternative to mayonnaise.

Ingredients	6 serves	25 serves	60 serves
Lebanese cucumber, grated	80g	350g	850g
Natural yoghurt (plain)	100g	400g	1kg
Garlic, crushed	½ teaspoon	1 teaspoon	1 tablespoon
Cumin, ground	¼ teaspoon	½ teaspoon	1 teaspoon

### Method

- 1 Grate cucumber and squeeze out excess liquid with your hands. Discard excess liquid.
- 2 Combine all ingredients in a bowl and mix well.

This recipe adds foods from the following food groups to the menu

- Milk/alternatives
- Vegetables

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome