



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

TZATZIKI

SERVES 4-5



INGREDIENTS

- 1 cup plain unsweetened yoghurt (Greek tastes great)
- 2 tsp crushed garlic OR 2 small cloves garlic, peeled and crushed
- 1 cup grated cucumber
- 1 tsp mint chopped (optional)
- 1 tsp chopped dill (optional)

METHOD

1. Mix all ingredients in a bowl. Cover and place in fridge for at least 1 hour.
2. Serve with toasted pita bread crisps or vegetable sticks.

Keep in the refrigerator and use within 3 days.

Not suitable to freeze.