

## TZATZIKI SAUCE (FULL FAT YOGHURT)

 4 portions

### INGREDIENTS

- 1 clove of garlic, raw (3 g) peeled and crushed
- 1 average pot of yogurt, Greek style, plain (125 g)
- 3 sprigs of mint, fresh (3 g) roughly chopped
- 1 1" piece of cucumber, raw, flesh and skin (60 g) coarsely grated then squeezed in a clean tea towel to get rid of excess water
- 1 measure of lemon juice, fresh (10 g)

### COOKING METHOD

1º Mix everything together in a small bowl with a pinch of salt. [Can be made a day ahead.]

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (49 g)	% DRI
ENERGY	92 kcal	45 kcal	2 %
PROTEIN	4 g	2 g	4 %
CARBOHYDRATE	4 g	2 g	1 %
SUGARS	3 g	2 g	2 %
FAT	7 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	4 g	2 g	11 %
FIBER	0 g	0 g	0 %
SODIUM	44 mg	21 mg	1 %