	Tzatziki (Cucumber Yogurt) Sauce
© 2021 Lorna Health, All Rights Reserved, Repro	oduction in whole or in part without

	Tzatziki (Cucumber Yogurt) Sauce
© 2021 Lorna Health All Rights Reserved F	Reproduction in whole or in part without



Ingredients

- 1 cup (250 mL) plain whole milk yogurt
- ½ cup (125 mL) grated cucumber
- 4 tbsp (50 mL) sunflower, flaxseed, or olive oil
- 2 tbsp (30 mL) finely minced onion
- 2 garlic cloves, minced

Instructions

Combine all ingredients. Chill for one hour. Serve with falafels, pita bread, chicken, spanakopita, or fresh vegetables.

Makes $1\frac{1}{2}$ cups (375 mL).