



TZATZIKI

by The Food Next Door- SWELL

Ingredients

Makes 1 Cup

- 1 C plain Noosa yogurt
- 1 Large garlic clove
- 1 Cucumber
- 1/4 C mint
- 1/4 C parsley
- Black pepper

Directions

Crush and mince garlic. Chop or rough mince cucumber. Mince herbs. Add ingredients together and mix in bowl, and add black pepper to taste. Serve tzatziki on lamb flip or other foods you may enjoy.

We believe that health starts with good food, but good food does not exist without real farms. Thank you for joining our subscription program and helping us promote health through a sustainable food system. Mother Earth will thank you too, and you will feel the difference!

