

## Tzatziki



½ litre unsweetened plain yogurt  
1 clove garlic finely chopped  
Fresh cucumber  
Fresh herbs

- Dice cucumber finely
- Add garlic and yogurt
- Add some fresh herbs to taste: dill, basil, mint, or thyme
- Cover and leave in fridge ½ hour
- Combine drained yogurt with all ingredients and use as a dip for fresh vegetables