



Tzatziki

Ingredients:

2 cups of plain Greek Yogurt (or home made yogurt – see my recipe under the GAPS section of my website)

1 small Lebanese Cucumber, grated and squeezed

1-2 Cloves of Garlic (or more to taste)

2 teaspoons lemon juice (or more to taste)

¼ teaspoon Himalayan rock salt

Method:

Drain yogurt by wetting a thin piece of cheese cloth and placing it in a strainer and putting the strainer over a jug.

Place the yogurt into the cloth in the strainer and leave in the fridge overnight to drain. (If you don't have time to leave it overnight you can leave in the fridge for 2-3 hours and it will still be fine)

Grate the cucumber and squeeze out excess liquid.

Place yogurt into a bowl, add cucumber, crush garlic into mixture and mix together thoroughly.

Add lemon juice and salt and mix again.

Serve to the kids with wholegrain rice crackers and veggie sticks. I also often use this as a side to the meatballs for the kids to dip in.