

# Cucumber Raita (4 People)



## Ingredients

- ½ cucumber
- 200g natural yogurt (or dairy-free alternative, e.g. unsweetened coconut yogurt)
- ½ small clove garlic, crushed
- 5 or 6 mint leaves, shredded

## Method

1. Coarsely grate the cucumber into a bowl and squeeze out the juice with your hands, draining the liquid away.
2. Mix the cucumber with the rest of the ingredients and a pinch of salt. Serve.

