

Greek Cucumber Sauce

YIELD: 8 SERVINGS

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap yogurt for dairy-free alternative

To make it low-FODMAP, omit garlic

INGREDIENTS

- 1 cup cucumber, peeled and chopped
- 1 cup Greek yogurt, plain
- 2 cloves garlic, minced
- 1 Tbsp olive oil
- 2 tsp red wine vinegar
- 6 mint leaves, minced
- Salt, kosher (to taste)

DIRECTIONS

1. Place all ingredients in the bowl of a food processor, and pulse until all ingredients are chopped small and combined.
2. Add salt to taste if needed.
3. Serve immediately, or set aside in the refrigerator for a few hours to allow the flavors to blend.



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NUTRITION FACTS

Serving size 1 (2oz)

Amount Per Serving	56g
Calories	39
	% Daily Value
Total Fat 1.9g	3%
Saturated Fat 0.3g	1%
Cholesterol 2mg	1%
Sodium 304mg	13%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 4g	8%
Vitamin A	1%
Vitamin C	2%
Calcium	4%
Iron	1%