



Yogurt Raitia

Storage instructions: Store, covered in fridge for up to 5 days.

<u>U.S.</u>		<u>Metric</u>
3 cups	Plain Yogurt	709.8 ml
1 small	Cucumber, peeled, coarsely, grated	1 small
2 Tbsp	Mint, finely chopped	2.5 g
1/2 tsp	Cayenne Pepper	2.4 g
1 tsp	Salt	4.7 g
To taste	Black Pepper	To taste

Preparation:

1. Gather all ingredients and equipment.
2. Put yogurt in a bowl and whip lightly with a fork or whisk until smooth and creamy.
3. Add remaining ingredients and stir together. Serve chilled.

Nutrition Facts	
Serving size	1 / 2 cup
Servings	6
Calories	72
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	2 mg
Sodium	390 mg
Carbohydrates	10 g
Dietary Fiber	0 g
Sugars	10 g
Protein	7 g
Vitamin A	5 %
Calcium	25 %
Vitamin C	4 %
Iron	1 %
Phosphorus	0 mg
