

## **Yoghurt Raitu**

Recipe provided by Mrs Surekha Parekh, Advocate of the Asian Women's group.

### **Ingredients**

- Half carton of low fat natural yoghurt (or better still home made yoghurt with skimmed milk)
- 5 inches of cucumber
- fresh mustard seeds (ground)
- 2-3 cloves of garlic (ground)

### **Method**

- Grate cucumber and squeeze out all the juice
- Add to low fat yoghurt
- Add garlic and mix
- Sprinkle mustard seeds on top