

Cucumber Raita

Fresh from the garden: Cucumber, Mint.

| Ingredients: | | Equipment: | |
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| 1 Cucumber 1 cup thick natural yogurt 1 teaspoon ground cumin | 2 tablespoons finely chopped mint Pinch of salt. | Measuring cups Measuring spoons Bowl Knife Grater | Cutting board. |

Notes:

- ☺ Cut cucumber in half and with a teaspoon scrape out the seeds... Grate cucumber.
- ☺ Squeeze out the excess liquid from the cucumber using your hands.
- ☺ Combine the cucumber flesh with the yogurt, cumin, mint and salt.
- ☺ Stir well.