



# Greek Tzatziki Sauce

## INGREDIENTS

- 1/2 of a large cucumber, unpeeled
- 1 1/2 cups plain full-fat Greek yogurt
- 2 large garlic cloves, finely minced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon white vinegar
- 1/2 teaspoon salt
- 2 tablespoons minced fresh dill

## INSTRUCTIONS

Grate the cucumber and drain through a fine mesh sieve or cheese cloth

.Combine the yogurt, garlic, oil, vinegar, and salt in a large bowl.

Cover and refrigerate for at least an hour.

Transfer the grated cucumber and fresh dill to the yogurt mixture and stir to combine.

MACROS: 8 servings

75 calories

3g net carbs

4g protein

6g fat