

## Cucumber Raita

Serves 4

### Ingredients

1 medium cucumber, minced  
1 cup Greek style yogurt  
½ tsp ground cumin  
1 tablespoon of mint, minced  
Zest and juice of half a lemon  
½ clove garlic, minced (optional)  
Salt and pepper to taste

### Tools Needed

Mixing Bowl  
Juicer  
Grater  
Knife  
Cutting board  
Measuring spoons and cups

### Directions:

1. Mix all ingredients together and check for seasoning. Serve immediately or cover and refrigerate, Serve with carrot sticks and broccoli florets