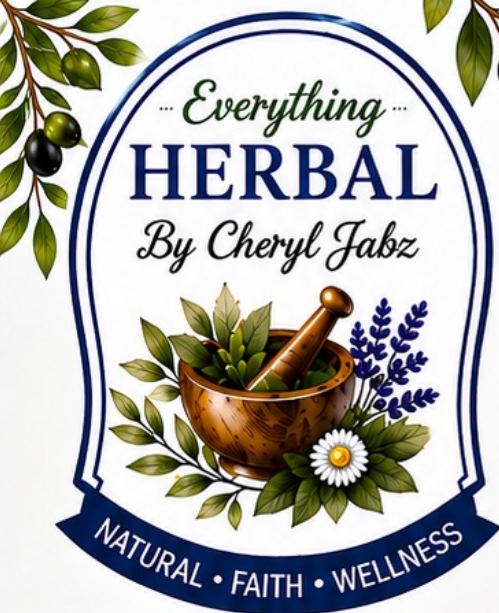




Classic GREEK TZATZIKI

~ Creamy Yogurt Cucumber Dip ~
with Garlic, Dill & Herbs

COOL • CREAMY • REFRESHING



A traditional Greek dip made with cool yogurt, crisp cucumber, garlic, and fresh herbs. Perfect as a dip, sauce, or spread!



INGREDIENTS

- 2 cups plain Greek yogurt (full-fat recommended)
- 1 large cucumber
- 2 cloves garlic, minced
- 2 Tbsp extra virgin olive oil
- 1 Tbsp fresh lemon juice
- 2 Tbsp fresh dill, chopped
- 1 Tbsp fresh mint, chopped (optional)
- ½ tsp sea salt (or to taste)
- ¼ tsp black pepper
- Pinch of dried oregano (optional)

Cucumber Tip:

For a thicker tzatziki, peel the cucumber, remove the seeds, and squeeze out excess water using a clean towel.



DELICIOUS SERVED WITH:

- ♥ Pita bread or pita chips
- ♥ Fresh vegetables
- ♥ Grilled chicken, lamb or fish
- ♥ Gyros or souvlaki
- ♥ As a spread on wraps or sandwiches

DIRECTIONS

- 1 PREPARE CUCUMBER:** Peel cucumber (optional), cut in half lengthwise, remove seeds, and grate. Place in a clean towel and squeeze out excess moisture.
- 2 COMBINE:** In a medium bowl, add Greek yogurt, minced garlic, olive oil, and lemon juice. Stir until well combined.
- 3 ADD HERBS:** Stir in grated cucumber, dill, mint (if using), salt, pepper, and oregano (if using).
- 4 CHILL:** Cover and refrigerate for at least 30 minutes (or up to 24 hours) to let the flavors meld.
- 5 TASTE & ADJUST:** Stir well and adjust salt, pepper, or lemon juice to your taste.
- 6 SERVE:** Garnish with a drizzle of olive oil, fresh dill, and cucumber slices.

CHEF CHERYL'S TIPS

- ♥ Use full-fat Greek yogurt for the creamiest texture.
- ♥ The longer it chills, the more flavorful it becomes!
- ♥ Add a pinch of sumac or lemon zest for extra brightness.

Proverbs 15:17
(KJV)

"Better is a dinner of herbs where love is, than a stalled ox and hatred therewith."



MADE WITH GOODNESS



PROBIOTIC RICH
Supports gut & digestion



HYDRATING
Fresh cucumber cools & refreshes



HERB PACKED
Dill & mint support digestion



NATURAL & WHOLESOME
Simple ingredients, big flavor



**DOWNLOAD
THIS RECIPE!**

Scan the QR code or visit our website to download more herbal recipes, tips, and natural living resources.



Everything Herbal by Cheryl Jabz
www.everythingherbalbycheryljabz.com

