



Everything Herbal

by Cheryl Jabz

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Fenugreek Cucumber Yogurt

BENEFITS:

Cool and refreshing. High in protein from Greek yogurt. Great with grilled meats.



INGREDIENTS:

- 2 cups diced cucumber
- 1 cup plain Greek yogurt
- 1/4 tsp ground fenugreek
- 1 tbsp fresh dill
- Salt and pepper

INSTRUCTIONS:

- 1 Combine all ingredients in a bowl.
- 2 Chill 20 minutes before serving.
- 3 Garnish with extra dill.

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