

Tzatziki



2.4:1 ratio

- **Preparation time:** 10 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	6g	
Protein	1.4g	
Carbohydrate	1.1g	
Energy (calories)	64kcal	



Innovation in Nutrition
A Nestlé Health Science Company

Tzatziki

Ingredients	Quantity	Your recipe
Cucumber	42g*	
Greek yoghurt, full fat e.g. Tesco Finest	15g	
Mayonnaise, full fat e.g. Hellman's	5g	
Mint, finely chopped	1g	
Garlic purée e.g. Gia	1g	

* 42g is the initial weight before processing, the weight will reduce to approx. 30g (see method)

Method:

1. Slice the cucumber in half lengthways and scrape out the seeds. Grate each piece, the final weight is approx. 30g.
2. Using your hands, squeeze as much water as possible from the grated cucumber.
3. Add to a bowl and combine with remaining ingredients.

Serving Suggestion

Always check with your dietitian what is suitable for you

- Great with courgette and feta croquettes and halloumi fries (see recipes)



**These recipes have been specifically designed for use in a ketogenic diet.
Refer to labels for allergen and other product information.**