

## YOGURT SAUCE

### INGREDIENTS

|       |                                  |
|-------|----------------------------------|
| 2 C   | Yogurt (non-fat) (plain)         |
| 1/2 C | Cucumber (peeled) (diced)        |
| 1     | Jalapeno pepper (seeded) (diced) |
| 1 T   | Mint (fresh) (chopped)           |
| 2 T   | Lemon juice                      |
| 2 t   | Olive oil                        |
| 1/2 t | Salt                             |



### MIXING INSTRUCTIONS

Mix ingredients & chill before serving

### NOTES

- 1 Great sauce for chips or grilled vegetables
- 2 Recipe for Pita Chips coming soon



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