

A detailed line drawing of several mint leaves on a stem, positioned behind the title.

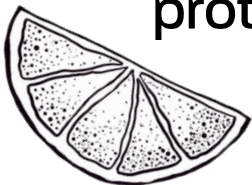
# Tzatziki Sauce

Prep Time: 5 min    Serves: 4

## Ingredients:

- 1 cup of plain Greek yogurt
- 1 small cucumber
- 1 tsp of lemon juice
- 1 tsp garlic powder
- ¼ tsp salt
- ½ tsp pepper
- 1 Tbsp of chopped mint leaves (packed)

**Tzatziki is high  
in calcium and  
protein!**



## Instructions:

1. Put yogurt into a mixing bowl.
2. Shred cucumber and add to yogurt.
3. Add lemon juice, garlic powder, salt, and pepper to mixture.
4. Cut mint leaves into small pieces and add to mixture.
5. Mix all ingredients together.
6. Serve on the side of Easy Baked Falafels or as a veggie dip!