

Tzatziki Sauce

Yield: 8 servings

Ingredients

- 1 cup peeled and grated cucumber
- 1 cup raw cashews
- $\frac{3}{4}$ cup water
- 1 tablespoon dried dill
- 1 tablespoon olive oil
- 1 tablespoon freshly squeezed lemon juice
- 2 teaspoons garlic cloves
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ cup fresh mint leaves

Instructions

1. Squeeze the grated cucumber to remove excess water. You can squeeze it with your hands or with a paper towel or dish towel. Set aside.
2. Place the cashews, water, dill, olive oil, lemon juice, garlic, salt and pepper into a blender and blend until smooth.
3. Add the grated cucumber and mint and lightly pulse the blender until the cucumber and mint are mixed in but remain chunky.

Nutrition Information

Serving Size: $\frac{1}{4}$ cup
Calories: 109
Total Fat: 8.7 g
Saturated Fat: 1.5 g
Monounsaturated Fat: 5 g
Polyunsaturated Fat: 1.4 g
Sodium: 74 mg
Total Carbohydrate: 6.1 g
Dietary Fiber: 1 g
Sugars: 1.3 g
Protein: 3.1 g

Source: Loving It Vegan. Alison Andrews.



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