

Raita dip recipe

Ingredients



1 small cucumber, peeled, seeded and diced

1 cup low-fat plain yogurt

2 tablespoons chopped fresh mint



1 tablespoon lime juice

1 small clove garlic, minced

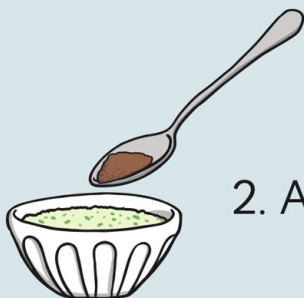
1/2 teaspoon ground cumin

Small pinch of salt and pepper



Method

1. Combine cucumber, yogurt, mint, lime juice, garlic and cumin in a small bowl.



2. Add the salt and pepper and mix well.



3. Serve immediately or cover and refrigerate for 30 minutes to allow the flavours to blend.

