Tzatziki Sauce

**INGREDIENTS**

- 1 large cucumber, seeded and shredded
- ½ cup full-fat Greek yogurt
- 2 garlic cloves, crushed
- 2 tablespoons lemon juice
- 1 teaspoon dried dill (or 1 tablespoon fresh dill)
- Salt and pepper, to taste

**PEAK SEASON**

July–October
Peel, seed and shred a cucumber until you get enough to fill a 1 cup measure. Squeeze any extra moisture from the shredded cucumber.

In a medium-sized bowl, combine the cucumber, yogurt, garlic, lemon juice, dill, salt and pepper. Mix thoroughly to combine. (If the sauce is too thick, you can add a bit of water.)

Chill before serving. You can use this sauce for meat like lamb or be a bit more out of the box and stir it into zucchini noodles.

Nutrition tip: Full fat dairy products are naturally high in calcium and vitamin D, and your body is able to absorb these nutrients much more efficiently versus low fat or skimmed dairy.

Recipe provided by Shayna Danto