



## Yogurt Dip

### Instructions:

Squeeze the grated cucumber in a towel to remove the moisture.

Combine all the ingredients and mix well.

**If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.**

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**Prep Time:**

10 minutes

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**Cook Time:**

n/a

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### Ingredients:

2 cups plain Greek yogurt

1 cucumber - grated

1/2 cup fresh lemon juice

2 garlic gloves - minced

1 TBSP. fresh dill - chopped