

## Persian Cucumber Yogurt

submitted by PegahKamal



Per serving: 139 Calories • 13.5g Carbs (1.7g Fiber) • 0.9g Fat • 19.9g Protein

### Ingredients

*Ingredients scaled to: 2 serving*

1 1/2 cup, pared, chopped **Cucumber** (200 grams)

1 1/2 cup **Nonfat greek yogurt** (360 grams)

2 tsp **Salt** (12 grams)

2 tsp **Pepper** (4.2 grams)

1 tbsp **Garlic powder** (9.7 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Peel and chop cucumber. Combine with all remaining ingredients and enjoy!