



**GENESIS**  
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## **TZATZIKI SAUCE**

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(Standard/Maintenance)

The freshness and flavor of Greek foods are incredibly inviting, and Tzatziki sauce is no exception. Submitted by Mary Clugston, this recipe is a delicious way to add a tangy flavor of Greece to any meal - without the dairy. Typically made with yogurt, this recipe uses coconut cream for a GHS plan-approved dip for meat or vegetables, or as a salad dressing. Tzatziki lasts about 3 days in the frig before the cucumbers start to break down and become watery. Simply cut the recipe in half if it's more than needed. There are 12 servings in this recipe. One serving covers your fat and 1/4 cup of raw vegetable for one meal.



### **INGREDIENTS**

- 1 13.5-oz can coconut cream (not milk), well blended
- 2 cucumbers, peeled, seeded and small diced
- 2 Tbsp. extra virgin olive oil



1/2 lemon, juiced  
1 Tbsp. chopped fresh dill  
3 cloves of garlic, peeled and minced  
Pink Himalayan salt & freshly-ground pepper, to taste

## **INSTRUCTIONS**

In a food processor or blender, add all the ingredients, mixing until well-combined. Transfer into a dish, cover and refrigerate for at least one hour for the flavors to blend.

If you don't have a food processor or blender, just mix very well by hand with a whisk in a medium-sized bowl.