

Saffron Yogurt



Serves	1
Prep time	20 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Moderate Chemical
Meal type	Condiment
Misc	Child Friendly , Pre-preparable , Serve Cold
Website	Taste.com.au

Ingredients

- 10 saffron threads
- 1 tablespoon hot milk
- 200ml natural yogurt
- Salt

Optional

- 2 tablespoons chives (finely chopped)

Directions

1. Soak the saffron threads in the hot milk for about 20 minutes.
2. Combine the yogurt and chives and season with salt.
3. Add the saffron mixture and stir until well combined.
4. Serve as an accompaniment.

Note

Low Salicylates, Low Glutamates, Moderate Amines

Serve as an accompaniment to meat dishes, such as BBQ meats, koftas or casseroles.

The chives can be left out.

“Fresh yogurt, natural, plain or vanilla” is listed in the 2011 version of the RPAH Elimination Diet Handbook as low chemical. The previous 2009 version listed “Yogurt” as moderate in Amines. The definition of “fresh yogurt” in the 2011 version is not clear. This site use the moderate amines rating for yogurt. If you are using fresh yogurt then the amine level may be lower.