

Tzatziki



Serves	6
Prep time	15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Glutamate Challenge , Gluten Free , RPAH Elimination Diet - Moderate Chemical
Meal type	Appetizer , Lunch Box , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Picnic

Ingredients

- 200ml greek yogurt (refer to notes for straining your own)
- 1 1/2 teaspoon lemon juice substitute (Refer to recipe)
- 1 teaspoon minced garlic
- 1 teaspoon salt
- 200g cucumber (peeled and diced)

Directions

1. Add the cucumber to a food processor and process until pureed. Add the salt and combine through.
2. Strain the cucumber through a sieve and discard the liquid.
3. Transfer the cucumber to a medium sized bowl, add the remaining ingredients and mix well.

Note

Moderate Salicylates, Moderate Amines, Low Glutamates

Refer to the basics page for [lemon juice substitute](#).

Greek yogurt can be made from plain natural yogurt by [straining it](#).

“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. All recipes on this site use the moderate amines rating for yogurt. If you are using fresh yogurt then the amine level may be low.