Less than 30 minutes Makes 2½ cups Share Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients:

- $\frac{1}{2}$ (200g) cucumber, grated and drained
- 1 cup (250ml) plain, low-fat or double-cream yoghurt
- 2 small (100g each) beetroots, peeled and roughly grated
- Juice (60ml) and grated peel of 1 lemon
- Handful each parsley and mint, chopped
- Pitas, falafels and salad, for serving

Method

- 1. Combine cucumber with yoghurt, beetroots, lemon juice and peel, parsley and mint.
- 2. Serve with mezze platter of pitas, falafel and your favourite salad ingredients.

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