



Dr. Reeta's Savory Yogurt Sauce

Savory Yogurt Sauce

(Probiotics, Vitamins A, D, Calcium, C, trace minerals)

1 Cup Greek Yogurt (Esti, Straus Creamery, Siggis; Ingredients should be whole milk, cultures. NO guar gum, carrageenan, gellan gum, methylcellulose, etc)

1 Cup finely chopped mixed soft herbs (parsley, cilantro, dill, mint, etc of your choice)

¼ to 1 Teaspoon kosher salt (Diamond brand recommended as it dissolves well)

¼ teaspoon freshly cracked pepper

½ teaspoon toasted coriander, zaatar, or a spice of your choice

Thin by adding 1-2 teaspoons of water at a time and mixing.

This can be a thicker or thinner sauce consistency of your preference.

Keep thicker for dipping vegetables in, thinner as a sauce for fish, chicken, lamb, etc or roasted cauliflower or other veg. Great as a sauce for tacos. Works well thinned as a salad dressing.

Adjust seasonings to taste (remember to do this if thinning further).

