



Paleo Tzatziki Sauce

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 12

Nutrition Information Per Serving

22.4 calories, 1.05 g carbohydrate, 0.18 g fiber, 0.87 g NET carbs, 0.39 g protein, 2.05 g fat

Ingredients

- 1 medium cucumber, peeled
- 2 clove(s) garlic, minced
- 1/2 cup(s) coconut milk (full fat)
- 1/4 tsp(s) sea salt
- 2 tsp(s) dried dill
- 2 Tbsp(s) lemon juice
- 1/8 tsp(s) freshly ground black pepper

Preparation

1. Using a box grater, grate the cucumber on the finest grate. Squeeze out the juice from the pulp and discard.
2. Add grated cucumber to a medium bowl with the minced garlic, dill, sea salt, pepper and lemon juice.
3. Open the coconut milk and scoop out the "cream" that rises to the top. Add the specified amount to the cucumber-herb mixture.
4. Stir well to combine, adding liquid from the can of coconut milk if sauce is too thick.
5. Chill before serving.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.