

Raita

- 500 grams 2% yogurt (Astro)
- 1 cucumber, peeled & grated (excess liquid discarded)
- 3 large cloves garlic, grated
- 1 small sweet white onion, finely chopped.
- 1 tsp cumin
- 1 tsp salt

Combine all ingredients and refrigerate before serving. Try this dip with rice crackers or baked chips of any kind. This is a common East Indian dish served with curried vegetables and rice.