

COOL AS A CUCUMBER

Cucumber & Pomegranate Raita

Serves 4

Ingredients:

- 1 cucumber, peeled, seeded and thinly sliced
- Pomegranate seeds of 1 fruit
- $\frac{2}{3}$ cup low-fat plain yoghurt
- 1 tablespoon lemon juice
- 2 teaspoons chopped fresh mint
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon sugar

Method:

1. Stir together the cucumber, yoghurt, lemon juice, mint, sugar, and salt in a bowl.
2. Cover and refrigerate for at least 3 hours, preferably overnight.

Nutrition Information (Per Serving)

Energy:	134 kcal
Protein:	3.6 g
Total fat:	0.8 g
Saturated fat:	0.2 g (25.0% of total fat)
Cholesterol:	8 mg
Carbohydrate:	6.2 g
*Carbohydrate exchange:	0.4 exchange

