



## Food for Mood

### Cucumber Raita

#### Ingredients

- 250g Greek yoghurt
- ½ garlic clove, finely grated
- ½ small pack coriander , chopped
- Small pack mint , leaves chopped
- ½ lime
- ½ tsp garam masala , plus a little extra to serve
- ¼ cucumber , grated and lightly squeezed

#### Method

- Mix all the ingredients and season. Serve sprinkled with extra garam masala.



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