



SWEET & SOUR YOGURT SALAD

Adapted from
various Middle
Eastern cuisines

Nutrition Facts Per Serving: Calories 204, Protein 5g, Carbs 23g, Fat 10g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 15 min



INGREDIENTS

Plain Yogurt

Raisins

Organic Cucumber

Onion

Walnuts

Paprika

Salt

Yogurt Seasoning

METHOD

1. Cover raisins with hot water and soak for 15 minutes, drain in colander and shake off excess water.
2. Rub seasoning with hand then combine with yogurt, add half the salt and whisk to homogenize.
3. Add all other ingredients and fold to mix well.
4. It is advisable that you refrigerate mixture for about 2 hours and take out from fridge about 10 minutes before serving,
5. Stir gently to mix, adjust salt to taste then spoon to serving dish and garnish with some sprinkled paprika.



BON APPETIT