

Tzatziki Sauce

This recipe makes about 6 cups



Ingredients

5 cups plain Greek Yogurt (or plant-based Greek yogurt)

10 cloves Garlic

2.5 tsp dried dill

3 ½ tbsp lemon juice

1 english cucumber

salt and pepper to taste

Directions:

1. Chop the cucumber into small pieces; smaller is better
2. Peel and mince the garlic cloves
3. Combine all the ingredients in a bowl.
4. Add parchment paper to your trays
5. Spread the tzatziki sauce evenly on your trays
6. Place the dividers if using. We like 40 portions for this recipe
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 30 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 divider portions or about 2 ½ tbsp of freeze-dried tzatziki to a bowl with 2 tbsp of cold water. Stir and enjoy.

Notes:

See our Chicken and Tofu Gyro recipes.

Nutritional Value Per 2 tbsp tzatziki with dairy Greek yogurt

Calories: 42 Carbohydrates 2 g Protein 4 g Fat 1 g Fiber 0 g Sugar 1 g

Nutritional Value Per 2 tbsp tzatziki with plant-based greek yogurt

Calories: 50 Carbohydrates 2 g Protein 5 g Fat 2 g Fiber 0 g Sugar 1 g