

Vegan and Soy Free Cucumber Yogurt Tzatziki Sauce  
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Two 5.3 ounce containers coconut or almond milk yogurt, unsweetened and plain  
½ medium cucumber, peeled and finely grated  
2 cloves garlic, finely minced  
½ teaspoon sea salt  
1 teaspoon ground cumin  
4 to 6 sprigs fresh mint, chopped fine  
Juice of half a lemon

Mix all the ingredients together. Taste and add more lemon, garlic, salt or cumin to your liking.