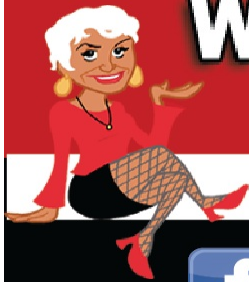


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



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## CUCUMBER MINT DIP

Basic Lifestyle

### Ingredients

- 1 cucumber, peeled, seeded and grated
- 2 garlic cloves, minced
- 1 TSP black pepper
- 1 TSP dried mint or 3 to 4 TSP fresh mint
- 3 TBS fresh parsley, minced
- 2 cups plain, low-fat yogurt

### Instructions

Gently mix all ingredients and refrigerate for 1 to 2 hours to blend the flavors.

Serve with fresh cut vegetables.

**Portion-Per-Serving Information:** (Yields about 1 cup. 8 TBS = 1 cup)

Serving = 2 TBS = 14 calories

This is a fat. 120 calories = 1 Fat.