



BLENDER TZATZIKI

PREP TIME: 15 minutes

SERVING SIZE: ¼ cup

COOK TIME: 0 minutes

SERVES: 8

INGREDIENTS

- 2 cups non-fat Greek yogurt
- 1 cucumber, peeled, seeded, quartered
- 1 tablespoon lemon juice
- ½ teaspoon garlic powder
- 2 teaspoons fresh dill, chopped
- 1/8 teaspoon salt



PREPARATION

1. Place Greek yogurt, cucumber, dill, lemon juice, garlic powder and salt into blender.
2. Blend until creamy.
3. Enjoy with veggies or pita chips.

ADAPTED FROM

joytothefood.com

Recipe modified by CHOICES Nutrition Education Program

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www.centraltexasfoodbank.org/recipes

Nutrition Facts

8 servings per container	
Serving size	1/4 cup (96g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 0mg	0%
Potassium 126mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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This institution is an equal opportunity provider. Rev 5/22
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BATIDORA TZATZIKI

TIEMPO DE PREPARACIÓN: 15 minutos

TAMAÑO DE PORCIÓN: ¼ taza

TIEMPO PARA COCINAR: 0 minutos

PORCIONES: 8

INGREDIENTES

- 2 tazas de yogur griego sin grasa
- 1 pepino, pelado, sin semillas, en cuartos
- 1 cucharada de jugo de limón
- ½ cucharadita de ajo en polvo
- 2 cucharaditas de eneldo fresco, picado
- 1/8 cucharadita de sal



PREPARACIÓN

1. Coloque el yogur griego, el pepino, el eneldo, el jugo de limón, el ajo en polvo y la sal en la licuadora.
2. Mezcle hasta que quede cremoso.
3. Disfrútelo con verduras o chips de pita.

ADAPTADA DE

joytothefood.com

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

www.centraltexasfoodbank.org/recipes

Nutrition Facts

8 servings per container
Serving size 1/4 cup (96g)

Amount per serving
Calories 45

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 50mg 2%

Total Carbohydrate 7g 3%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 3g Added Sugars 6%

Protein 5g

Vitamin D 0mcg 0%

Calcium 62mg 4%

Iron 0mg 0%

Potassium 126mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Esta institución ofrece igualdad de oportunidades. Rev 5/22
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