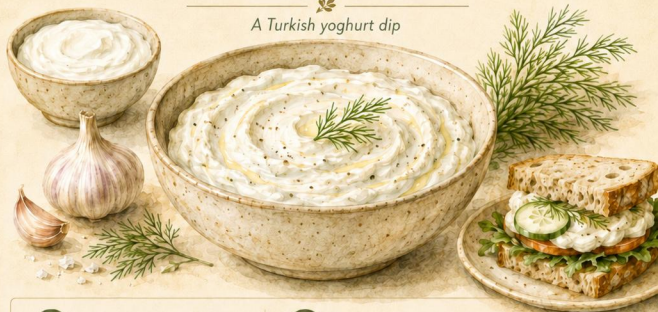


THE WELL
Nourishing Recipes

HAYDARI

A Turkish yoghurt dip



INGREDIENTS

- 6 tbsp Greek yoghurt
- 1 clove garlic, finely grated
- Pinch of sea salt
- Optional: a little fresh dill, finely chopped



METHOD

- 1 Add the Greek yoghurt to a bowl.
- 2 Grate in the garlic and add a pinch of sea salt.
- 3 Stir until smooth and well combined.
- 4 If using dill, stir through a little freshly chopped.
- 5 Serve as a dip, spread into sandwiches, or mix with tuna.

WHY IT'S LOVELY



Healthier than
mayonnaise



Protein-rich



Source of
calcium



Source of
iodine



Simple and
delicious

*The simple base is fabulous in sandwiches or mixed with tuna.
If you're feeling fancy, add a little fresh dill.*

SEXAGENARIAN

SEASONAL LIVING AT THE WELL