

THE WELL

Nourishing Recipes

HAYDARI

A simple Turkish yoghurt dip and a lovely alternative to mayonnaise.



INGREDIENTS

- 250g thick Greek yoghurt
- 1 small garlic clove, finely grated or crushed
- 1/4 tsp sea salt

Optional additions for variety:

- 50g feta cheese, mashed in
- 1 tbsp fresh dill, finely chopped
- 1 tbsp fresh mint, finely chopped



METHOD

- 1 Spoon the Greek yoghurt into a bowl.
- 2 Add the garlic and sea salt, then stir until smooth and well combined.
- 3 For a richer version, mash in the feta.
- 4 For a fresher finish, stir through the dill or mint.
- 5 Chill for 10–15 minutes if you have time, then serve.
- 6 Lovely with grilled meats, fish, sandwiches, wraps or as a simple dip.

WAYS TO ENJOY



Protein-rich



Fresh and cooling



Simple to make



Versatile



A lovely mayo alternative

SEXAGENARIAN

SEASONAL LIVING AT THE WELL