



INGREDIENTS

- 2 Cups Greek Yogurt
(meets CACFP sugar limits)
- 2 Cups Cucumbers (peeled,
seeded, and thinly sliced)
- 3 Tablespoons Lemon Juice
- 2 Tablespoons Fresh Mint
(chopped)
- ½ Teaspoon White Sugar
- ¼ Teaspoon Kosher Salt

DIRECTIONS

1. Stir yogurt, cucumber, lemon juice, mint, sugar and salt together in a bowl.
2. For best results cover and refrigerate the raita for a few hours, or preferably overnight.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

-  Snack

YIELD

3 Cups

PORTION SIZES

- Toddler:** 1 Cup
- Preschool:** 1 Cup
- School Age:** 1½ Cups
- Adult:** 1 Cup