**Beetroot And Cucumber Salad**

Prep time: 10 min Cook time: 0 min

**Ingredients:**

* 3 English Cucumber
* 2 Beetroot
* A bunch of fresh mint
* ½ cup plain Greek yoghurt.
* 2 tbsp lemon juice
* 2 tbsp honey
* 2 cloves of fresh minced garlic
* 2 tbsp extra virgin olive oil
* Low sodium salt and pepper to taste

**Instructions:**

1. In a large mixing bowl, combine the sliced cucumbers, beetroots, and mint. Set aside.
2. In a small bowl, combine the Greek yogurt, lemon juice, olive oil, minced garlic, honey, salt, and pepper. Mix until smooth and creamy.
3. Pour the dressing over the salad and gently toss until everything is evenly coated.
4. Serve at room temperature or chilled.