

## COOLING YOGURT RAITA



**Tags:** [Spring](#), [Summer](#)

**Prep Time:** 10 Min

**Cook Time:** None

**Serves:** 2

**Directions:**

1. Stir everything together.
2. Season to taste.
3. Chill 1 hour before serving and if you'd like, garnish with fresh garden flowers!

**Ingredients:**

1/2 cup yogurt

1/2 small cucumber (Persian are best), chopped small or pulsed in a food processor

1 bunch of chives, chopped 1 bunch dill, chopped

1 small bunch of cilantro or parsley, or a bit of both, chopped

Pink salt and fresh cracked pepper, to taste

Summer is a time for cooling, sweet fruits, and fresh flowers all of which pacify the excess heat and the pitta dosha.

Cucumber is good summer food and is thirst-relieving. Cucumber is sweet, astringent, cool, and decreases the Pitta dosha. It is a diuretic and good for urinary tract infections. They are good for anti-doting the heavy properties of yogurt, bread, and pasta making them easier to digest. I enjoy adding a dollop to my kitchadi, salads, on veggie wraps, or as a dip.