

Cucumber, Mint and Yogurt drink

Serves: 2-3 small glasses

Preparation time: 10 minutes + 30 minutes to chill in the fridge.

Ingredients:

Cucumber: 1

Fresh Mint leaves: a small bunch. Only leaves, no stalk.

Garlic: ¼ to ½ a clove

Yogurt: 1 ¼ cup

Milk: ½ cup

Roasted cumin powder: ½ tsp

Black salt: ½ tsp

Salt: to taste

Green chillies (optional): 1-2

How I did it:

1. Peel cucumber. Remove seeds from the core. Chop it in big pieces.
2. Pluck leaves of mint.
3. Smash a clove of garlic. Use up to ½ the clove or adjust as per your taste.
4. In a blender, add the cucumber, mint, ½ the garlic clove, green chillies (if using) 3-4 cubes of ice cubes and a spoon full of yogurt. Blend until smooth.
5. Now take this blended mix in a bowl. Add the remaining yogurt, roasted cumin powder, black salt and a bit of regular salt to taste. Using a whisk until you get a smooth mixture.
6. Taste and add milk up to half a cup.
7. Give it a good whisk again and chill for half an hour or more before serving.
8. Serve in a glass. Garnish with a pinch of cumin powder and a couple of mint leaves.

Notes:

- You could replace milk with water if you prefer. Milk helps to give a thick consistency to the soup.
- Omit the garlic if you do not like the taste of garlic.
- Add green chillies if you like your drink to be spicy.