

Trim Healthy  
W I S D O M

## Super Quark Tzatziki Dip (FP or S)

Great for your gut and great for your taste buds! You can use this as a dip for *Bashed Chicken* or pair it with *Fermented Flatbread*, chicken breast, cucumber, and onion and roll 'er up for a wonderful E-style fermented lunch or dinner... gyros style!

Multiple Servings

### INGREDIENTS:

- 1 cup *Super Quark* (either Kefir or L-Rueteri style)
- 1 clove minced garlic
- 1 lemon (use the juice only)
- [TH Mineral Salt](#) (to taste)
- black pepper (freshly cracked; to taste)
- 1 Tbs fresh mint (chopped or ½ - 1 tsp dried mint)
- 1 Tbs fresh dill or 1 tsp dried dill (optional)
- 1 very generous drizzle extra virgin olive oil on top for garnish (optional; keep amounts small for FP)
- 2-3 dashes of paprika for garnish (optional)



### INSTRUCTIONS:

1. Blend well with an immersion blender (see our brand recommendations [HERE](#))