Mint Yogurt Dip

Ingredients:

- 1 cup of plain Greek yogurt
- 1 tablespoon of finely chopped fresh mint leaves
- 1 garlic clove, minced
- Salt and pepper to taste

Directions:

1. In a small bowl, mix together the yogurt, mint, garlic, salt, and pepper.
2. Cover the bowl and refrigerate for at least an hour to allow the flavors to meld.
3. Serve as a dip for veggies or pita chips.