

### **Carrot & Yoghurt Salad**

3-4 large carrots (or lots of small ones)  
Olive oil  
Natural yoghurt approx 1 cup  
Garlic, at least 2 cloves, but to suit your own taste  
Seasoning to taste

Grate the carrot using coarse microplane grater, put into a non-stick sauté pan, skillet or even saucepan with some olive oil. Cook slowly for 10 minutes, stirring occasionally until soft. Meanwhile crush garlic into the natural yoghurt using garlic press, when the carrot is ready then mix together. Serve with pitta bread to dip or crusty bread