

Fresh and Fragrant Indian Mint Chutney

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-indian-mint-chutney-recipe>

Ingredients:

- 3 cloves garlic chopped
- 1 teaspoon ginger minced
- 1 tablespoon cumin seeds
- 1 Roma tomato organic
- 2 bunches cilantro organic, approximately 4 cups, washed and any really thick stems removed, thin stems can be kept on
- 2 cups mint fresh organic, washed, leaves taken off of stems
- 1/4 cup lemon juice organic
- 1/4 cup water
- 1 Thai red chili pepper organic, optional – I don't use chili peppers when I make it for my kids
- 3 teaspoons yogurt thick, creamy organic, optional, to finish

Nutrition:

1. Calories: 20 calories
2. Carbohydrate: 4 grams
3. Fat: 0.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 10 milligrams
7. Sugar: 1 grams

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