



PROBIOTICS

Probiotics like yogurt, kimchi, and kefir are great for your gut health and bacteria, which is linked to improve age related cognitive decline and mood.

Spinach Raita

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8 Healthy
Tasty
Easy



Chef Saikh Arsed Ali

Ingredients

Yoghurt (plain)	1 cup
Spinach (chopped finely).....	1 cup
Canola oil	2 tsp
Sesame seeds (white)	1 tsp
Ginger (chopped finely)	1 tsp
Salt.....	½ tsp
Small green chilli (chopped finely)...	1

Nutritional Information (200 g per serving)

Energy	210 kcal
Carbohydrate	16 g
Protein	7 g
Fat	13 g
Saturated Fat	5 g
Cholesterol	19 mg
Dietary Fibre	1 g
Sodium	150 mg

Cooking Method

1. Put yoghurt in a bowl. Add salt and mix well until smooth. Keep aside.
2. In a small pan, heat canola oil. Add sesame seeds and sauté for 30 seconds, until they start to pop and splutter.
3. Add chopped ginger and green chilli and sauté.
4. Add chopped spinach and cook for another 2-3 minutes till wilted.
5. Remove spinach mixture and mix into prepared bowl of yoghurt.
6. Chill raita in refrigerator for 2 hours before serving.