

# CUCUMBER SALAD WITH CREAMY KEFIR



## **Ingredients:**

- 2 cups creamy kefir, left on a sieve for 5 hours for the whey to separate
- 1-2 cucumbers
- 1-2 garlic cloves
- 1 small spring onion
- salt
- freshly ground black pepper
- 1 tsp ground sweet red pepper
- pinch of black cumin

## **Cucumber salad preparation**

Wash the cucumbers, peel if necessary, and then slice. Mince garlic and onion, add spices and mix with the creamy kefir. Pour the mixture over the sliced cucumbers and mix. Leave the cucumber salad in the refrigerator for at least 30 minutes - it is best served cold.

This creamy kefir dressing is perfect for any kind of salad. Prepare it just the right way to suit your taste. You can experiment with thickness - simply leave it to strain longer if you want a thicker dressing. You can also experiment with flavours - add different combinations of herbs and spices to it. Some like it more spicy and add powder chili to this recipe.

In the end sprinkle with seeds or nuts of your choice. You can use sesame seeds or chopped walnuts, peanuts, etc. This will add some extra crunch to your salad.

See more kefir recipes [here](#).

**Products used to prepare this recipe:**



## **Kefir Fermenter**

[Buy on Kefirko.com](https://www.kefirko.com)



## **Cheese Maker**

[Buy on Kefirko.com](https://www.kefirko.com)



## [Organic Milk Kefir Grains](#)

[Buy on Kefirko.com](https://www.kefirko.com)



## [Sea Salt](#)

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