**Carrot Raita**

Description

It is an Indian dish made by using plain yogurt and cooked mashed/grated carrots with few seasonings. It can be used as a dip, spread or side dish with toast, naan, roti, rice, crackers, vegetables.

**Ingredients:**

1 cup carrots cooked- diced or grated

1 ½ cup plain yogurt

¼ cup milk

½ teaspoon salt

½ teaspoon roasted cumin seeds

Garnish

2 teaspoon melted butter or ghee

2 tablespoon dried or fresh curry leaves

½ teaspoon cumin seeds

2 hot green chilli chopped optional

**Preparation:**

**Prep time 10 minutes**

**Cooking time 10 minutes**

1. Mash carrots and mix well with yogurt and add salt and roasted ground cumin seeds
2. Add milk and mix well
3. Heat butter or ghee in frying pan, add cumin seeds, pepper and curry leaves
4. Cook until cumin seeds are brown and spread at the top of yogurt and carrot mixture

**Summary**

Yield is 2.5 cups. Keep it refrigerated, if you like to use again in few days keep yogurt and carrots separately in the refrigerator and mix when needed.