**Garlic chutney**

**Description**

It’s a hot spicy sauce made with garlic and red hot chilli pepper powder. could be used with roti, naan, prantha, crackers, vegetables, bread.

Sulfur compounds formed when garlic is chopped, crushed or chewed believed to bring some of the health benefits including lowering blood pressure, LDL cholesterol and more. Its low calorie dip or dressing.

**Ingredients**

5 garlic cloves

½ tablespoon red chilli powder

½ teaspoon salt

4 tablespoon plain yogurt

**Preparation**

Prep time 5 minutes

Peal garlic, add to mortar and pound until crushed into paste.

Add red chilli powder, mix well by pounding.

Add salt and yogurt and mix well. Chutney is ready.