**Ingredients:**
- 1 Cucumber
- 1 cup thick natural yogurt
- 1 teaspoon ground cumin
- 2 tablespoons finely chopped mint
- Pinch of salt.

**Equipment:**
- Measuring cups
- Measuring spoons
- Bowl
- Knife
- Grater
- Cutting board.

**Notes:**
- Cut cucumber in half and with a teaspoon scrape out the seeds... Grate cucumber.
- Squeeze out the excess liquid from the cucumber using your hands.
- Combine the cucumber flesh with the yogurt, cumin, mint and salt.
- Stir well.