

6-Ingredient Vegan Tzatziki



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Easy, 1-Bowl vegan tzatziki made with 6 simple ingredients!
Creamy, tangy and the perfect dairy-free alternative to traditional tzatziki.

Author Minimalist Baker

PREP TIME

10 minutes

TOTAL TIME10 minutes

Servings 7 (1/4-cup servings)
Course Sauce
Cuisine Gluten-Free, Greek-Inspired, Vegan
Freezer Friendly No
Does it keep? 5 Days

Ingredients

- 1/2 large cucumber (unpeeled + finely grated // as original recipe is written ~1 cup grated, will shrink to ~1/4 cup after drained // organic when possible)
- 1 1/2 cups [coconut yogurt](#)* (see notes for store-bought recommendations)
- 3 cloves garlic (minced)
- 1/4 cup finely chopped fresh dill (or 2 Tbsp dried dill per 1/4 cup fresh)
- 1 pinch each sea salt and black pepper (plus more to taste)
- 1 1/2 Tbsp lemon juice
- 1-2 Tbsp extra virgin olive oil (*optional* // for flavor and richness)

Instructions

1. Finely grate cucumber with the skin on - should yield about 1 cup (amount as original recipe is written // adjust if altering batch size). Then either set in a fine-mesh strainer set over a small mixing bowl or transfer to a clean, thin towel and squeeze out excess moisture. The remaining amount should be about 1/4 cup (amount as original recipe is written // adjust if altering batch size).

2. Add coconut yogurt to a large mixing bowl and add strained cucumber, garlic, dill, salt, pepper, lemon juice, and olive oil (optional). Stir to combine.
3. Taste and adjust flavor as needed, adding more salt for overall flavor, garlic for zing, lemon for acidity, or dill for herbiness.
4. Serve immediately, or store in the refrigerator (where it will thicken) up to 5 days, sometimes longer depending on freshness of yogurt.
5. This Tzatziki is delicious on its own, but it also pairs well with Greek-inspired recipes like these [Traditional Vegan Falafel](#), [Tabbouleh Salads](#), [Shawarma Sandwiches](#), or [Buddha Bowls](#).

Notes

*If your coconut yogurt is thin, pour over two layers of cheesecloth laid in a fine mesh strainer set over a mixing bowl and strain overnight until the excess liquid has drained out.

*One batch of my [coconut yogurt](#) recipe yields 1 1/2 cups of yogurt, which is the perfect amount for this recipe. Be sure to use the brands of full-fat coconut milk and probiotics I recommend for best results.

*If you aren't making your own coconut yogurt, my favorite unsweetened (Greek style) brand is Coyo, which can be found at Whole Foods and most health food stores.

*Recipe adapted from [Live Eat Learn](#).

*Nutrition information is a rough estimate.

Nutrition (1 of 7 servings)

Serving: 1 quarter-cup servings **Calories:** 131 **Carbohydrates:** 5.3 g **Protein:** 1.8 g

Fat: 12.6 g **Saturated Fat:** 11.1 g **Trans Fat:** 0 g **Cholesterol:** 0 mg

Sodium: 36 mg **Fiber:** 1.6 g **Sugar:** 2.1 g

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