

# GARLIC BREAD

Aah, the smell of garlic bread, the quintessential side to a braai. Who can resist breaking off a piece of bread, with its irresistible crunchy outside and creamy inside? Invariably, however, it's loaded with butter – not ideal if you're watching your weight. But here, half the butter is substituted with yoghurt. So you still retain the creaminess, without as much of the guilt. If you want to be extra healthy, skip the butter altogether and double up on the yoghurt.

**1 French loaf (±40cm long)**  
**½ cup medium-fat yoghurt**

**2 Tbsp finely minced garlic**  
**A touch of salt**

1. Preheat the oven to 175°C.
2. Slice the bread, making sure not to slice all the way through.
3. Mix together the yoghurt, butter and minced garlic. Season very lightly with salt. Liberally spoon the yoghurt mixture between the slices. Wrap with foil and bake in the oven for 20–25 minutes, or until golden in colour.

