

# Herbalicious Garlic Dip

Use different coloured  
vegetables to make a  
rainbow platter!



## Ingredients

- |  |                              |
|--|------------------------------|
| 1 garlic clove                         | <b>For dipping:</b>          |
| 1 handful fresh basil<br>(leaves only) | 2 carrots                    |
| 1 spring onion                         | 1 capsicum                   |
| 100g reduced fat cheese                | 150g (12) snow peas          |
| 2 tablespoons mayonnaise               | 1 packet plain rice crackers |
| 1 cup reduced fat Greek yoghurt        |                              |
| Pinch of salt                          |                              |
| Pepper                                 |                              |



## Equipment

Chopping board, knife, grater, bowl, measuring cups, measuring spoons, spoon, serving platter



1.



Peel garlic clove and dice into very small pieces. Chop basil leaves and slice spring onion into small pieces. Grate cheese.

2.



Add garlic, basil, spring onion, cheese, mayonnaise, Greek yoghurt, salt and pepper into a bowl and mix well.

3.



Slice carrots and capsicum into sticks. Slice off ends of snow peas. Arrange the vegetables, crackers and dip on a platter.