

Curry Basic (Dip) Recipe

Ingredients needed:

★ Curry Dip Mix

★ 1-1/2 cups sour cream

★ 1/2 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

You may use lowfat or nonfat products with this mix, although results may vary.



Directions:

Blend sour cream, mayonnaise and entire packet of mix. Mix well. Chill overnight or minimum of 4 hours. Stir before serving. Serve with vegetables, crackers, pretzels or chips. Keep prepared dip refrigerated.

Variation:

Add entire packet to 1 cup sour cream and 1 cup mayonnaise. Mix well. Chill overnight.

Lo-Cal / Lowfat Version:

Add packet of spices to 2 cups lowfat plain yogurt, OR add packet of spices to 2 cups (blended) cottage cheese. Mix well. Chill overnight or minimum of 4 hours. Stir before serving. May also use 1 cup “diet” mayonnaise and 1 cup lowfat sour cream.



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