

Garlic & Herb Basic (Dip) Recipe

Ingredients needed:

- ★ 1 to 2 level teaspoons of **Garlic & Herb Spread Mix** (according to taste). We prefer to use 1-1/4 teaspoons of mix.
- ★ 1/2 teaspoon salt
- ★ 2 cups sour cream
- ★ 1/2 teaspoon Worcestershire sauce

You may use lowfat or nonfat products with this mix, although results may vary. Keep prepared spread refrigerated.

Directions:

Add 1 to 2 level teaspoons of mix, 1/2 teaspoon salt and 1/2 teaspoon Worcestershire sauce to 2 cups sour cream. Mix well. Chill minimum of 4 hours. Stir before serving. Serve with potato chips, vegetables or crackers.



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