

Onion & Herb Basic (Dip) Recipe

Ingredients needed:

- ★ **Gourmet Onion & Herb 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 (minimum 6 to 8 hours). Stir before serving. Serve with potato chips, vegetables, pretzel sticks, crackers, etc. Keep prepared dip refrigerated.

Variation: (for a richer dip)

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, OR add packet of spices to 1 cup low calorie/lowfat mayonnaise and 1 cup lowfat sour cream.



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