



Dips

Sour Cream and Chive

- 70g Cream Cheese
- 70g Sour Cream
- 2 Fresh Chive stalks

Salt and Pepper

Method

1. Weigh the Cream cheese and Sour Cream together.
2. Mix round well to combine.
3. Snip in the chives.
4. Add Salt and Pepper to suit your taste.
5. Chill till required.

Easy Tomato Dip

- 100g Mayonnaise
- 30g Tomato Ketchup
- $\frac{1}{2}$ teaspoon Worcester Sauce

Method

1. Mix all the ingredients together well and chill.



Avocado Dip

- 1 Ripe Avocado
- $\frac{1}{2}$ tablespoon Lime Juice (approx. half a lime)
- 40g Sour Cream
- Salt and Pepper

Method

1. Halve the Avocado, remove the stone and scoop the soft green flesh into a bowl.
2. Add the Lime juice. This will add flavour and prevent the dip going brown.
3. Mash the Avocado with the back of a fork until smooth and creamy.
4. Stir in the Sour Cream, add Salt and Pepper to taste.
5. Chill till required.

Note: there are many dip variations you could do, using different herbs or adding onion, cucumber, carrot, garlic etc.