



HERB AND GARLIC DIP

⏱ 10 min. ⌚ 10 min. 🌿 easy 🍴 Complete recipe (approx. 320 g)

INGREDIENTS

1 garlic clove
6 sprigs fresh flat-leaf parsley, leaves only
2 spring onions/shallots, trimmed, cut into pieces
250 g cream cheese, cut into pieces
2 tbsp natural yoghurt or 10-20 g milk (optional - see Tips)

Preparation

1. Place garlic, parsley and spring onions/shallots into mixing bowl and chop **3 sec/speed 7**. Scrape down sides of mixing bowl with spatula.
2. Add cream cheese and natural yoghurt or milk (optional - see Tips) and mix **20-40 sec/speed 4.5**, or until all cream cheese is incorporated. Serve immediately or transfer into a sealable container and place into refrigerator until ready to use.

TIPS

- Adjust the quantity of liquid (milk or yoghurt) to achieve desired consistency.
- Serve herb and garlic dip with crackers or vegetable crudité's of choice.