

Vegetables dips

Ideal to increase its consumption of vegetables!



Ingredients

Yogurt dip

6 PORTIONS

½ cup	Plain yogurt	125 ml
2 tbsp	Herbs, fresh, chopped	30 ml
3 tbsp	Lemon juice	45 ml
¼ tsp	Garlic powder	1 ml
¼ tsp	Onion powder	1 ml
To taste	Salt and pepper	To taste

You can use fresh parsley, basil, dill, etc. It is also possible to replace fresh herbs with 1 tbsp of dried herbs.



Preparation

1. Mix all ingredients together and serve with your favourite raw vegetables!

4 PORTIONS

Ketchup dip

2/3 cup	Mayonnaise	160 ml
1/3 cup	Ketchup	80 ml

2 PORTIONS

Curry dip

¼ cup	Mayonnaise	60 ml
¼ cup	Plain yogurt	60 ml
2 tsp	Curry powder	10 ml