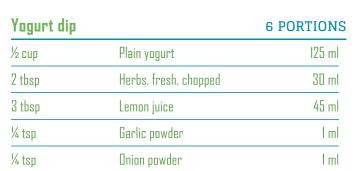
# Vegetables dips

Ideal to increase its consumption of vegetables!





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

Salt and pepper

#### **4 PORTIONS**

To taste

## Ketchup dip

To taste

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

#### 2 PORTIONS

### Curry dip

<b>¼</b> cup	Mayonnaise	60 ml
<b>1</b> /4 cup	Plain yogurt	60 ml
2 tsp	Curry powder	10 ml



## Preparation

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

