

French Onion dip

Traffic light category: **Green**

Makes: 2 cups

Ingredients

- » ½ cup extra-light sour cream
- » ½ cup fat-free natural yoghurt
- » ½ packet salt reduced French onion soup mix
- » 1 clove garlic, finely chopped
- » 1 spring onion, finely chopped

Method

1. Place all ingredients in a bowl and mix until smooth, or for a smoother consistency use a food processor
2. Serve with vegetable sticks and pita crisps.

Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	21g	100g
Energy	101kJ	479kJ
Protein	1g	6g
Total fat	1g	6g
Saturated fat	1.7g	3.5g
Carbohydrate	1.8g	8.6g
Sugars	1.5g	7g
Dietary fibre	0.2g	1g
Sodium	108mg	514mg

