

EASY SUMMER VEGGIE DIP



A TASTY SUMMER DIP PACKED WITH FLAVOUR, PERFECT TO TAKE ALONG WITH YOU TO ANY PICNIC!

The addition of Living Alchemy Defense capsules gives this dip some extra immune-boosting goodness! Feel free to use any herbs you have on hand, this dip goes well with crunchy veggies, tortilla chips or crackers.

INGREDIENTS

- 1/2 cup finely chopped spring onion
- 2 cloves crushed garlic or 1/2 tsp garlic powder
- 1/4 cup finely chopped herbs of choice such as oregano, dill, basil
- 1 tub Earth's Own dairy-free sour cream
- 1 tub Earth's Own dairy-free cream cheese
- 1/4 tsp fine Himalayan or celtic sea salt
- 2 tsp fresh lemon juice
- 1/2 tsp Herbamare seasoning salt
- 2-3 Living Alchemy Defense capsules opened up

DIRECTIONS

1. Mix all ingredients in a large bowl and serve chilled!



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