

REGROWN GARDEN DIP

Makes a healthy snack for 4



INGREDIENTS

4 avocados (one avocado per person)

2 cups of loosely chopped herbs (1/2 cup per person)

Salt & Pepper to taste

Squeeze of lime

Optional: 2 cups of greek yoghurt (1/2 cup per person)

Optional: 1/2 cup finely chopped red onion or shallot

Optional: 1/2 cup chopped cherry tomatoes

Optional: 1/2 cup thinly sliced peppers, spicy or sweet - your choice!

Serve with: celery stalks, radish slices, romaine leaves, carrot sticks, or cucumber spears

DIRECTIONS

1. Peel and pit avocados, and place avocado meat in a medium bowl.
2. Loosely chop herbs (cilantro, dill, parsley, basil, etc) and add to the avocado.
3. Add salt and pepper to taste, a squeeze of lime, and any optional ingredients.
4. Mash everything together until it is a slightly-chunky consistency
5. Slice and prepare serving snacks. Serve and enjoy!

NOTES

This dip can be made in many different ways! Whatever herbs you've got growing in your garden - scallions, cilantro, parsley, basil, and even thyme, will work with this recipe. If you want a creamier consistency, consider adding greek yoghurt. If you don't mind some heat, add spicy peppers and onion. The most important thing is to have fun cooking, and be creative!

