



## SOUR CREAM & CHIVE DIP – SERVES 4



This delicious dip is great to serve with snacks. Why not try it with rice cakes, celery, peppers or even a topping on a jacket potato?

### INGREDIENTS

15g fresh chives  
300ml sour cream  
1 tsp. lemon juice

Carrot, celery and cucumber for dipping

### ALLERGENS

Contains dairy

### DIETARY COMPONENTS

Dairy foods are the main source of calcium – a nutrient we all need for strong bones and teeth.

### EQUIPMENT

Kitchen scissors  
Small dish  
Mixing bowl  
Serving bowl  
Juicer  
Tablespoon  
Teaspoon  
Chopping board  
Small knife  
Weighing scales

### METHOD

1. Using kitchen scissors, snip the chives into tiny pieces and place into a bowl.
2. Save 1 tbsp. of chives and put to one side for the garnish
3. Squeeze the lemon and add the juice to the mixing bowl.
4. Weigh and pour the sour cream into the bowl and mix well with a spoon.
5. Put the dip into the serving bowl and sprinkle the saved chives on the top.
6. Cut up carrot, celery and cucumber sticks for serving.



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