

## Creamy Garlic Dip

Dry milk helps thicken this sour cream-based dip. Cut up some carrots, broccoli, bell peppers, mushrooms and green beans for a healthy and colourful snack.



Prep Time: 10 Minutes.

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1 cup	reduced-fat sour cream	250 ml
1/2 cup	dry Nestlé Carnation Instant Nonfat Dry Milk	125 ml
2 tbsp	sliced green onion	30 ml
1 tbsp	cider vinegar	15 ml
1 clove	garlic, finely chopped	1 clove
1/2 tsp	salt	2.5 ml
1/4 tsp	ground black pepper	1 ml

### Directions

- 1 Combine sour cream, dry milk, green onions, vinegar, garlic, salt and pepper in small bowl; stir until smooth. Serve with assorted cut-up fresh vegetables.

*Recipe courtesy of Nestlé*