

Lemon and Garlic dip

Serves
2



Ingredients

1 cup of sour cream

1 tsp dried parsley or 2 tsp fresh, flat leaf parsley, finely chopped

1 ½ tsp ground garlic or garlic powder

Fresh lemon juice, to taste

Method

Combine all the ingredients together in a bowl and mix well.

Please check with your Dietitian that this recipe is suitable for you.