

# Cheese Dip Recipe

Serves: 4-6 Difficulty:

## Ingredients:

- 100g reduced fat cream cheese
- 1x15ml spoon tomato ketchup
- A pinch of black pepper
- 2 spring onions (trimmed and washed)

**Equipment:** Mixing bowl, tablespoon, kitchen knife, or scissors, chopping board, serving dish



## Method:

1. Place the cream cheese, tomato ketchup and black pepper into a mixing bowl.
2. Using the knife and chopping board, or scissors, chop the spring onions finely and add them to the other ingredients
3. Mix all the ingredients together
4. Serve
5. Prepare dippers from vegetables

## Top Tips!

- Use reduced fat cream cheese & chives, or garlic & herb.
- Add diced pineapple to plain cream cheese or diced ham
- why not try adding a tin of drained mackerel or tuna and mix well.

For more recipes contact Food For Fitness on:

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