

MIXED HERBS & YOGURT DIP



Fresh herbs, garlic, and the tanginess of Greek yogurt make this dip irresistible!

INGREDIENTS

- 2 small garlic cloves grated (1 1/4 tsp.)
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 1 cup loosely packed fresh basil
- 1 cup loosely packed parsley
- Herbs of your choice - cilantro, chives, oregano, sage, dill
- 1/3 cup olive oil
- 1/4 tsp. red pepper flakes
- 1 3/4 cups plain Greek yogurt
- fresh veggies or crackers

DIRECTIONS

Take stems off herbs. Rinse and chop leaves until fine.

In a medium-size bowl, combine all ingredients together.

Store in refrigerator for up to 2 days. Stir before serving if you see any liquid.

Serve with a veggie tray or crackers.