

Creamy Garlic Herb Dip

Prep Time: 15 min
Makes ~1 cup



INGREDIENTS

- 1/2 cup (4 oz.) cream cheese, softened
- 1/4 cup low-fat buttermilk
- 2 Tbsp. fresh chives, minced
- 1 Tbsp. fresh parsley, minced
- 1 tsp. grated lemon rind
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1 small garlic clove, minced (or 1/2 tsp minced garlic)

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Measure the cream cheese and buttermilk and put in a medium mixing bowl.
2. Add chives, parsley and grated lemon rind to the mixing bowl.
3. Measure salt, pepper and garlic; add to the mixing bowl.
4. When all ingredients are in bowl, beat well with an electric mixer or whisk for about two minutes, or until smooth.
5. Serve with fresh vegetables. This can be refrigerated for up to a week.