

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/easy-creamy-garlic-herb-dip>

Easy Creamy Garlic Herb Dip

Prep time: 10 minutes

Servings: 4

While parties might feel like a thing of a past, you can still have a party for one with this delicious dip recipe. Made with a few simple ingredients you already have in your fridge, you can whip this up in no time. The perfect dip for carrots and celery or tortilla chips and crackers - trust us, you'll be glad you don't have to share. Made lactose-free, you can eat the whole bowl, with no regrets. So spruce up your afternoon snack time with this super simple easy creamy garlic and herb dip.

Green Valley Creamery

Ingredients

8 oz. Green Valley Creamery Lactose-Free Cream Cheese (no need to wait until room temperature)

3 Tablespoons Green Valley Creamery Lactose-Free Kefir

3 Tablespoons fresh basil finely chopped

3 Tablespoons fresh parsley finely chopped

2 Tablespoons fresh chives finely chopped

1 teaspoon garlic minced

Instructions

1. Add cream cheese and kefir to a medium bowl. Mix with a large spoon or spatula until combined & smooth.
2. Add in your chopped herbs and mix until herbs are evenly distributed.
3. Refrigerate until ready to serve - this will allow the flavors to come through.
4. When ready to serve, remove from fridge, top with chopped herbs, and start dipping!