



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

FRESH 70s DIP

Time: 10 minutes

Serves: 4

Ingredients:

150ml mayonnaise (ideally homemade from avocado oil)
5g chives - finely chopped
5g parsley - finely chopped
5g baby dill - finely chopped
1 clove garlic - finely chopped
0.5g dry mustard
Few grinds fresh-ground black pepper

Preparation:

Place all ingredients in a narrow container and blend with a stick blender or blend in a conventional blender.

Serve immediately or cover and refrigerate up to one week.

Nutritional Information Per Serving:

Calories: 227
Fat: 28g
Carbs: 0.4g
Fibre: 0.2g
Protein: 0.2g