

Homemade Dip to Serve with Vegetables



Ingredients:

$\frac{3}{4}$ cup (175 ml)
 2 tablespoons (30 ml)
 1 tablespoon (15 ml)

Plain yogurt
 Ketchup
 Mayonnaise

Preparation:

1. Wash de vegetables of your choice.
2. Cut the vegetables.
3. Place all the ingredients for the dip in a bowl and mix until smooth. If you don't have any plain yogurt simply add more mayonnaise ($\frac{3}{4}$ cup).
4. Serve with fresh vegetables and enjoy!

