

FRESH HERB AND VEGETABLE DIP

INGREDIENTS	
1 250g tub cream cheese spread	Pinch salt
2 tbsp finely chopped chives	½ cup grated carrot (1sml carrot)
1 tbsp chopped fresh oregano	¼ cup fresh mint, chives and
1tbsp fresh thyme, chopped	parsley finely chopped
1/8 tsp cayenne pepper	

METHOD

1. Prepare all of the ingredients as stated above.
2. In a medium bowl, mix the cream cheese, chives, oregano, thyme, cayenne pepper and salt until well blended.
3. Divide between serving bowls.
4. Garnish with grated carrot and fresh herbs (mint, chives,parsley).