

SPINACH AND GARLIC DIP

INGREDIENTS

1 clove garlic, crushed

1 lge handful spinach

$\frac{1}{2}$ cup sour cream

1 tsp Worcestershire sauce

METHOD

1. Bring a large pot of water to boil. Place spinach in a steamer until wilted.
2. Add garlic for approx 1 minute while whole.
3. Remove spinach and garlic and place in small processer. Blitz until finely chopped.
4. Place in a bowl, add sour cream and Worcestershire sauce/
5. Serve with cheese sticks.