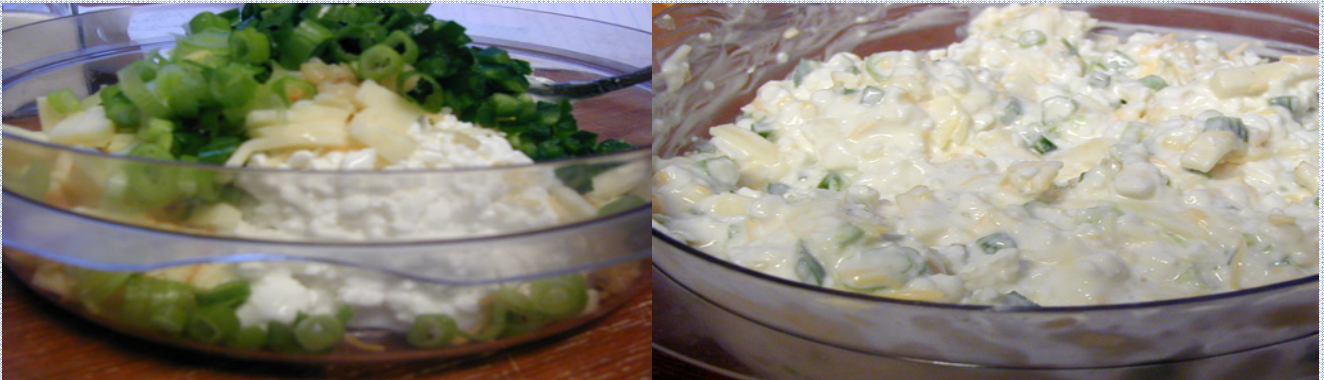


Creamy cheese & onion dip

Serves 4



Ingredients

- 110g/4oz low fat soft cheese
- 3 heaped tablespoons natural low fat yoghurt
- 1 heaped tablespoon low fat fromage frais
- 6 spring onions, finely chopped
- A sprinkle of pepper or herbs (optional)

Method

1. Mix all the ingredients together and season to taste with the pepper and herbs.

Serve with a selection of vegetable sticks.