Cream Cheese, Zucchini and Chive Dip



Prep time	1 hour, 15 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Savoury Snack
Misc	Child Friendly, Pre-preparable, Serve Cold
Occasion	Casual Party, Picnic

Ingredients

- 250g Light cream cheese (softened)
- 3 tablespoons Low fat milk
- 1 cup Peeled and grated zucchini (squeezed to remove the excess liquid)
- 3 tablespoons Chives (chopped)
- Generous pinch Salt (to taste)
- 2 cloves Garlic (chopped)

Directions

1. Add the milk and cream cheese to a food processor and whiz for a few seconds until well blended.
2. Add the garlic, salt, zucchini and chives and whiz again until well combined.
3. Chill in the fridge for at least an hour before serving.

Note

Moderate Salicylates, Low Amines, Low Glutamates