



PREP TIME : 5 MIN

COOK TIME : 0 MIN

SERVES : 10

Ingredients :

- ***1 red pepper, cut into large cubes***
- ***2 green onions , sliced***
- ***1/4 cup (60 mL) fresh cilantro***
- ***3/4 cup (180 mL) plain yogurt***
- ***2/3 cup (150 mL) VH[®] Plum Dipping Sauce***
- ***3/4 cup (180 mL) cream cheese, at room temperature***
- ***1/2 tsp (2 mL) VH[®] Soya Sauce***

Directions :

- 1. Process the pepper, green onions and cilantro in food processor.***
- 2. Add all remaining ingredients and process until smooth.***
- 3. Pour into a bowl and serve immediately, serve with julienned raw vegetables.***

This fresh and zesty dip is great with crudites or even as a salad dressing.