



Easy Veggie Dip

Ingredients

12 oz. plain cream cheese (regular or low-fat)

2-3 teaspoons Scoville Warming™ Texas Hot Sauce

1. Place cream cheese in a medium-size bowl.
2. Add hot sauce and stir until well-blended.
3. Serve with sliced vegetables, chips or crackers (we like it with carrots, celery, cucumber slices and bell pepper slices).

Sue's note 1: Serve dip in scooped-out bell peppers garnished with cilantro or parsley. You can also serve two dips – one extra-hot and one extra-mild, for those with sensitive palates.

Sue's note 2: We've been told this recipe works equally well with plain yogurt or low-fat sour cream as the base. You try it and tell us if that's true!

