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| **Brocomole Dip** |  |

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| recipe image |  |

"A refreshing twist on the avocado staple."

**Ingredients:**

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| 2 cups chopped fresh broccoli,  cooked and chilled  1/4 cup reduced fat sour cream  3 tablespoons chopped onions | 1 tablespoon mayonnaise    1 lemon, juiced  1/4 teaspoon chili powder |
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**Directions:**

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| **1.** | In a food processor or blender, combine the broccoli, sour cream, onion, mayonnaise, lemon juice and chile powder.  Blend until smooth. Transfer to a medium bowl, cover and refrigerate until chilled.  Serve with chips and raw vegetables |

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