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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 chilled1/4 cup reduced fat sour cream3 tablespoons chopped onions | 1 tablespoon mayonnaise  1 lemon, juiced1/4 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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