



FRESH CRUNCHY VEGGIES WITH SWEET CHILLI DIP



HEAT LEVEL 

Savor the crispness of our Fresh Crunchy Veggies with Sweet Chili Dip - a refreshing combination of vibrant vegetables paired with a sweet chili dip for a delightful and healthy snacking experience.

10 Mins

2 Servings

INGREDIENTS

CRUNCHY VEGGIES

Cucumber, cut into strips

Carrots, cut into strips

Yellow, green and red pepper, cut into strips

Asparagus

SWEET CHILLI DIP

125 g smooth cottage cheese

15 ml (1 Tbsp) [Spur Sweet Chilli Sauce](#)

METHOD

- 1 Spoon your sweet chilli dip into the bottom of a glass jar. Arrange all the vegetables in the glasses, standing in the dip and enjoy.

VARIATIONS

None

