

AFTERNOON TEA RECIPES



Mexican Layered Dip -



Ingredients:

- 450gm can refried beans
- 1 carton of reduced fat sour cream
- ½ packet of taco seasoning
- 2 tomatoes diced
- ½ cup reduced fat grated cheese

Method:

1. Open the carton of sour cream and add ½ packet of taco seasoning, mix well and set aside.
2. Open the can of refried beans and spread on to the bottom of a shallow dish or dip bowl.
3. Spread the combined sour cream and taco mix on top of the refried beans.
4. Sprinkle with chopped tomato and grated cheese.
5. Serve with crackers, Lebanese chips or vegetable sticks, or rolled up in Lebanese or Pita bread.

Alternative:

- Use gluten free crackers and/or chips

