

Spicy Roasted Pepper Dip



Indulge in the perfect balance of smoky roasted peppers and fiery spices in this creamy dip. Easy to make, it's a fiery delight for your taste buds.

Preparation 5 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 125

Fat 11

Carbohydrates 3

Fibre 1

Protein 3

Sodium 70

Ingredients

- 1 jarred or [homemade roasted bell pepper](#)
- 60 ml (¼ cup) mayonnaise
- 125 ml (½ cup) 0% M.F. plain Greek yogurt
- 15 ml (1 tbsp) lemon juice
- 2 ml (½ tsp) garlic powder
- A few drops of hot sauce (Tabasco type)

Preparation

1. Place all ingredients in a deep cylindrical container. Using a hand blender, puree the preparation until smooth.
2. Serve with raw vegetables or crackers.

Notes

Can be stored in the refrigerator for 3 days in an airtight container



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