SUBMITTED BY
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★ ★ ★ ★ ★
Keine Stimmen

Dips



Dips are a quick, tasty, healthy, and appealing snack that you can easily prepare together with your YS group. There are practically no rules when it comes to making dips and sauces, so creativity and personal tastes take center stage. Making (and eating) dips can be great fun for you and your group.

Ingredients

- raw vegetables (good options include carrots, green cucumbers, cauliflower, and red bell peppers) or chips/nachos
- dip sauce

Recipe

Cut the vegetables into long strips (cut the cauliflower into small florets).

Mix the dip sauces.

Spoon the dips into small bowls. Arrange the vegetables next to them. Enjoy!

Garlic Sauce

Ingredients:

- a jar of mayonnaise
- head of garlic
- salt and pepper to taste

Mix all the ingredients together. Let it sit for at least 30 minutes.

Cottage Cheese and Chive Sauce

Ingredients:

- a block of cottage cheese
- chives
- a little yogurt
- salt and pepper to taste

Mix all the ingredients together. Store in the refrigerator.

Curry Sauce

Ingredients:

- 1 onion
- 1 apple
- Curry seasoning
- yogurt (preferably thick)

Recipe:

- Sauté the onion and apple in a skillet until they’re soft (but not browned)
- Add 2 tablespoons of curry powder and stir
- Blend the mixture in the pan with a blender
- Add yogurt until you reach the desired consistency

Curry sauce is best served warm

Tomato Sauce

Ingredients:

- Onion
- Canned chopped tomatoes
- fresh basil
- fresh oregano
- salt and pepper to taste

Recipe:

- In a pot or skillet, sauté the onion until soft.
- Add the canned tomatoes to the onion and bring to a boil.
- If desired, season with salt and pepper to taste.
- Turn off the heat and blend all the ingredients in a blender.

- While it’s still warm, add fresh herbs and stir.

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