

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Veggie Dip**

1 1/2 cups carrots

1 1/2 cups broccoli

1 5oz can water chestnuts  
drained

1 cube Rapunzel Pure Organic  
Vegetable Bouillon

3/4 cup Vegenaïse

2 cups sour cream or substitute



Place the carrots and broccoli in a food processor and pulse until they are the size of large crumbs. Dump the veggies into a bowl. Put the Vegenaïse, sour cream and bouillon in the processor and combine well. Add the drained water chestnuts and processed carrots and broccoli into the processor and pulse until well combined.

Use for dip on a veggie tray or with your favorite flax or seed crackers.