

3-Minute Dip

- 1-2 tbsp (15-30 mL) Rub plus Topper
(see suggested combinations below)
- 4 oz (125 g) mozzarella cheese (see Cook's Tip)
- 1 pkg (8 oz/250 g) cream cheese, softened
- 2 tbsp (30 mL) milk (see Cook's Tip)
- Assorted vegetables or crackers (optional)



RUBS	TOPPERS
Bell Pepper Herb Rub	½ red bell pepper, diced
Greek Rub	¼ cucumber, chopped
Sweet Basil Rub	½ cup (125 mL) grape tomatoes, chopped
Tex-Mex Rub	1 plum tomato, seeded and diced
Three Onion Rub	3 slices cooked bacon, crumbled

1. Choose a Rub and Topper combination. Prepare Topper; set aside.
2. Grate mozzarella with **Microplane® Adjustable Coarse Grater**.
3. Combine cream cheese, mozzarella, rub and milk in **Garlic & Brie Baker**.
4. Microwave, covered, on HIGH 2–3 minutes or until melted, stirring halfway through cooking with **Mini Mix 'N Scraper®**. Do not overheat.
5. Remove from microwave; stir. Sprinkle with Topper. Serve with fresh vegetables or crackers.

Serves 16

U.S. Nutrients per serving (average of all dips — 2 tbsp/30 mL): Calories 72, Fat 6g, Saturated Fat 3.5 g, Cholesterol 20 mg, Sodium 177 mg, Carbohydrates 1 g, Fiber 0g, Protein 3 g

Cook's tip: If using pre-shredded cheese, reduce the amount of mozzarella to 2 oz/60 g (½ cup/125 mL) and increase the milk to 3 tbsp (45 mL) to reduce the thickness of the dip.