

# Eat a Rainbow Recipes

## WHITE AND BROWN

### Mushroom Dip

**Ingredients:**

300 grams button mushrooms

200 grams cream cheese

1 large clove garlic

1 tablespoon olive oil

Whole nutmeg (for grating) or pinch of ground

Nutmeg

Salt and black pepper to taste

Vegetable sticks or crackers for serving with the dip.

**Equipment:**

Chopping board and knife

Garlic crusher

Non-stick frypan

Hotplate

Food processor

Spatula

Small serving bowl

**Method:**

1. Cut mushrooms in half (leave one aside for decorating the dip).
2. Peel and crush the garlic.
3. Lightly cook the mushrooms in the oil until just soft.
4. Drain any excess fluid away from the mushrooms.
5. Put the mushrooms, garlic, cream cheese, grated nutmeg in the processor and blend until smooth. Add salt and pepper to taste.
6. Scoop into the small serving bowl and decorate with a sliced mushroom.

Serve with crackers or dipping vegetable such as carrot sticks, celery sticks, snow peas or cucumber rings