

Fabulous Fish Dip



Ingredients

100g low fat cream cheese

1 smoked mackerel fillet (skin removed) **or** 1 tin sardines in tomato sauce

Black pepper



Equipment

Mixing bowl, fork or hand blender spatula, serving dish.



Method

1. Tip the mackerel or sardines into the mixing bowl, then add the cream cheese.

3.. Add a few twists of black pepper.

4. Stir everything together to form a smooth dip, and transfer to a serving dish.



Handy hints

- Try adding a spoon of chopped spring onions or chives
- Swap the low fat cream cheese for low fat plain yogurt
- Serve with pitta bread, carrot or pepper sticks.
- Add 1 tsp horseradish to dip