



# Ariel

Disney  
PRINCESS

## STARFISH DIP

These sea-inspired mouthfuls are quick to whip up and are especially yummy after a busy day of swimming or playing in the sand!

### Directions

1. Squeeze the spinach to remove any excess water. Put the spinach, mayonnaise, onion soup mix, and sour cream into a large bowl and combine.
2. Using the back of a small spoon, smear about a teaspoon of dip onto one side of a cucumber round. Arrange 5 pieces of pepper to give the appearance of a starfish, and serve.

• Serves 6 •

### Ingredients

1 (200g) pack of frozen spinach, thawed

½ cup low-fat mayonnaise

1 package  
onion soup mix

1 (250ml) pot of  
low-fat sour cream

2 cucumbers, sliced into  
2.5cm rounds

½ red pepper, cut into  
2.5cm thick strips  
and then sliced on  
the diagonal

½ green pepper, cut into  
2.5cm thick strips  
and then sliced on  
the diagonal

### Tip

*Feeling adventurous?  
Try putting this dip on  
top of other veggies  
and snacks, too!*

