



A Recipe from Know Gluten

Helen's Amazing Gluten Free Layer Dip

Ingredients:

- 12oz cream cheese softened. (1 1/2 blocks of cream cheese)
- 2 cups sour cream
- 1 16oz bottle of salsa (or 2 cups of salsa)
- 2 cups shredded cheese
- 1 tomato diced
- 1/2 sweet bell pepper diced
- 1/4 sweet onion diced or
- 3-4 green onions sliced thin

Directions:

1. In a large bowl, mix cream cheese and sour cream until completely combined and free of lumps.
2. Spread cream cheese mixture in the bottom of a large, shallow decorative dish. (or large shallow plastic container, like I did)
3. Evenly pour salsa over cream cheese mixture.
4. Evenly top salsa layer with shredded cheese.
5. Sprinkle chopped vegetables on top of cheese.
6. Serve with gluten free tortilla chips or crackers.