

## BROCCOLI TREES

1. Prepare a dip by combining the sour cream, mayo, lemon juice and spinach or herb in a medium size mixing bowl.
2. To make the trees, cut each carrot in half widthwise and then lengthwise into four pieces.
3. Assemble the trees on the plates by laying three carrot pieces side by side for a trunk and placing the broccoli florets to look like leaves. Spread dip under the trunks to serve as the forest floor.

### INGREDIENTS

(per five students)

$\frac{1}{4}$  cup light sour cream

$\frac{1}{3}$  cup mayonnaise

$\frac{1}{2}$  teaspoon sugar

1 tablespoon lemon juice

1 tablespoon finely chopped fresh spinach, basil or other fresh or dried herb.

4 carrots

3 cups broccoli florets

paper plates