

Excitotoxin-Free Veggie Dip

The following amounts are my best estimate. I don't usually measure, so you may need to taste and adjust. See, Dr. Dreessen is not the only one in the family who adjusts!

Mix together:

1 cup Mayo (Best Foods)

1 cup Sour Cream (Daisy)

generous half teaspoon garlic powder

generous half teaspoon onion powder

1/4 teaspoon salt

1/4 teaspoon dry dill