



# *Wellnesssleuth* **Recipes**

Enjoy your day with  
delicious food

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## AIOLI - GARLIC DIP

### INGREDIENTS:

- *Ingredients*
- *1 cup of sour cream*
- *2 cloves of garlic, minced*
- *1 tablespoon of lemon juice*
- *1 tablespoon of extra virgin oil*
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- *1 teaspoon of salt*
- *¼ teaspoon of black pepper*

### DIRECTIONS

- *Directions*
- *Simply combine all of the ingredients in a bowl and mix*
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- *Mix until well combined.*
- *For a thinner Aioli, you can add additional lemon juice or water.*
- *If you prefer a thicker sauce, simply add less liquid.*
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- *Once you've achieved the desired consistency, taste and adjust the seasoning as*
- *needed.*
- *Serve immediately or store in the fridge for later.*
- *Enjoy!*



**GRILLED  
POLENTA  
CROSTINI**

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



**EGG ROLL BOWLS**

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY  
SALAD WITH  
RASPBERRY  
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)