

# VEGETABLE DIPS

## ZIPPY YOGURT RANCH DIP

### Mix together:

- 1 cup plain greek yogurt
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried dill
- ½ tsp salt
- ½ tsp worcestershire sauce
- ⅛ tsp cayenne pepper



## DILLY DILLY DIP\*

### Mix together:

- 1 cup cottage cheese
- ½ cup plain yogurt
- ½ tsp onion powder
- ½ tsp dried dill
- ¼ tsp lemon juice
- salt
- pepper

\*Recipe adapted from "Kids in the Kitchen"

## RANCH DIP DRY MIX

### Mix together:

- 3 Tbsp dried parsley
- 1 tsp dried dill
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp dried basil
- ½ tsp pepper

(makes 4 Tbsp of dry mix)

Add 1 Tbsp of the dry mix with ⅓ cup plain greek yogurt & ¼ cup milk. Set aside the remainder of the dry mix for future use.

### Offer a variety of vegetables for dipping by choosing a rainbow of colours!

Examples:

- radish
- cherry tomato
- cauliflower
- turnip
- broccoli
- celery
- cucumber
- pepper
- snap pea
- carrot