

Dairy Dips

Pair your favorite fruits, veggies, and whole grains with easy-to-make dips.

Honey Mustard Dip

- Mix $\frac{1}{2}$ cup plain nonfat yogurt, 1 Tablespoon mustard, and 1 Tablespoon honey.
- Serve with chicken or soft whole grain pretzels.

Ricotta Fruit Dip

- Mix 8 ounces low-fat ricotta cheese, $\frac{1}{2}$ cup nonfat vanilla yogurt, 3 Tablespoons of your favorite fruit preserves or jam, and $\frac{1}{2}$ teaspoon ground cinnamon.
- Serve with cut-up fresh fruit or whole wheat crackers. Or, use as a spread on whole wheat toast, bread, or pancakes.

Fruit Yogurt Dip

- Using a blender, mix 1 cup low-fat cream cheese (softened), $\frac{1}{2}$ cup nonfat vanilla yogurt, $\frac{1}{2}$ cup fruit puree — such as crushed pineapple, berries, or mashed banana — 1 teaspoon honey, and $\frac{1}{4}$ teaspoon ground cinnamon.
- Serve with cut-up fresh fruits. Try apples, bananas, grapes, or strawberries.



Vegetable Dip

- Mix $\frac{1}{2}$ cup nonfat plain yogurt, $\frac{1}{2}$ cup reduced-fat mayonnaise, and 1 Tablespoon salt-free seasoning blend (or use $\frac{1}{2}$ teaspoon each of dried chives and parsley, $\frac{1}{4}$ teaspoon each of garlic and onion powder, and $\frac{1}{8}$ teaspoon each of salt and pepper). Use low-fat sour cream in place of mayonnaise if you like.
- Serve with cut-up fresh veggies. Or, use as a topping for quesadillas, tacos, or chili.



Chef's Notes

- If you do not have a blender, use a fork to mash more solid ingredients. Then, blend with other ingredients using a mixing spoon.