



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

WITH  
YOU

## Delicious Dips and Spreads

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

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



### BEAN DIP

- Using a blender, mix 1 (15½-ounce) can beans (cannellini, chickpeas, black beans, etc.) rinsed and drained, 1 minced garlic clove, ¼ cup water, 1 Tablespoon canola oil, ½ teaspoon salt, ½ teaspoon ground black pepper.
- For extra kick, add ¼ cup salsa. For a thicker dip, add ¼ cup low-fat yogurt. For a different flavor, add ¼ cup of your favorite rinsed and minced fresh herbs.
- Serve with cut-up fresh veggies, with whole wheat pita wedges or crackers, or as a sandwich spread.



### HONEY MUSTARD DIP

- Mix ½ cup plain nonfat yogurt, 1 Tablespoon mustard, and 1 Tablespoon honey.
- Serve with baked chicken fingers or soft pretzels.



### VEGETABLE DIP

- Mix ½ cup nonfat plain yogurt, ½ cup reducedfat mayonnaise, and 1 Tablespoon Mrs. Dash seasoning (or use ½ teaspoon each of dried chives and parsley, ¼ teaspoon each of garlic and onion powder, and 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.



### FRUIT YOGURT DIP

- Using a blender, mix 1 cup low-fat cream cheese (softened), ½ cup nonfat vanilla yogurt, ½ cup fruit puree — such as crushed pineapple, berries, or mashed banana — 1 teaspoon honey, and ¼ teaspoon ground cinnamon.
- Serve with cut-up fresh fruits. Try apples, bananas, grapes, or strawberries.



### RICOTTA FRUIT DIP

- Mix 8 ounces low-fat ricotta cheese, ½ cup nonfat vanilla yogurt, 3 Tablespoons of your favorite fruit preserves or jam, and ½ teaspoon ground cinnamon.
- Serve with cut-up fresh fruit or graham crackers. Or, use as a spread on whole wheat toast, bread, or pancakes.



### PUMPKIN DIP

- Using a blender, mix 1 (15-ounce) can pumpkin puree, 1 cup low-fat cream cheese (softened), ¼ cup powdered sugar, 1 teaspoon ground cinnamon, and 1/8 teaspoon ground nutmeg.
- Serve with whole wheat graham crackers or apple wedges. Or, use as a spread on whole wheat toast or bread.



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