



December 17- Creamy Dill Dip

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/creamy-dill-dip>

Recipe

Ingredients:

- 1 cup sour cream, non-fat
- 1 cup yogurt, non-fat plain
- 2 tablespoons dill (dried)

Directions:

1. Put the sour cream, yogurt, and dill in a medium bowl. Stir together.
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Yield 16 servings

Nutrition Facts	
Serving Size 2 tablespoons (30.47g)	
Servings Per Container 16	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 30mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	3%
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	