



January 3- Yummy Bean Dip

Not Smart Snack Compliant

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

Recipe

Ingredients:

- 1/3 cup beans, canned or cooked
- 1 teaspoon yogurt, non-fat and plain
- 1 Tablespoon salsa

Directions:

1. Place beans in a small, resealable plastic bag. Squeeze out extra air and seal. Mash beans with fingers.
2. Add yogurt and salsa. Seal bag and mix with fingers.
3. Open bag or cut off corner of bag and squeeze out dip.

Yield 1 serving

Nutrition Facts

Serving Size 1 serving (100.3g)
Servings Per Container 1

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 4g **8%**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.