Great Dips for Veggies

Combine ingredients, blend well and enjoy!

Low-fat Spicy Bean Dip
1 can (15 oz) kidney beans, mashed
or ½ cup dry cooked kidney beans
drained, rinsed, and mashed
or 1 can lowfat refried beans
2 tablespoons plain lowfat yogurt
2 tablespoons dried minced onion
1 tablespoon vinegar
1 teaspoon chili powder

Peanut Butter Dip
¾ cup peanut butter
1 teaspoon vanilla
1 cup plain lowfat yogurt

Cottage Cheese Vegetable Dip
1 12-ounce carton of creamy style cottage cheese
1 package of ranch dressing mix

Sources:
Beans, Beans, Beans: California’s Finest Recipes. California Dry Bean Advisory Board. Dinuba, California.