Creamy Veggie Dip

You may run out of vegetables when you serve this super simple dip!

Level: Easy

Serves 4

Ingredients:

- 1/2 cup low fat sour cream
- 1/2 cup low fat ranch dressing
- Pepper to taste

Directions:

Remember to wash your hands!

1. In a small bowl combine sour cream and ranch dressing. Add pepper to taste.

Helpful Hints: A simple dip may be all it takes to sell kids on vegetables. This tasty, low fat dip is easy and so flavorful the whole family will reach for veggies to dip.

Safety Tip: Young children naturally take a bite of food, and re-dip into sauce or dip. To prevent from mixing germs into the dip, be sure everyone has their own serving of dip separate from the serving bowl. Leftovers (that haven’t been dipped in) can be covered and stored for up to three days in the refrigerator.

Nutrition Facts

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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