

## Creamy Veggie Dip

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

4 servings

### Ingredients:

1/2 cup lowfat sour cream  
1/2 cup lowfat ranch dressing  
Pepper to taste

### Directions:

1. In a small bowl combine sour cream and ranch dressing. Add pepper to taste.  
Veggies to dip: carrots, cucumber circles, green pepper strips, cherry tomatoes, zucchini sticks, radishes.

**Nutrition Facts:** 1/4 cup provides 100 calories, 4g total fat, 15mg cholesterol, 370mg sodium, 13g total carbohydrate

K-State Research and Extension  
Family Nutrition Program



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**Chef's Choice**  
Creamy Veggie Dip  
Veggie Sticks  
Milk

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