## **Dippity-Do**

Vegetables taste best with dip! 4 servings

#### **Ingredients:**

4-ounce tub soft cream cheese 1/3 cup sour cream 2 tablespoons tomato juice 1 tablespoon dry Italian salad dressing mix Assorted raw vegetables

# Chef's Choice

K-State Research and Extension

Family Nutrition Program

www.kidsacookin.ksu.edu

Dippity-Do Variety of veggies Crackers Low fat milk

#### **Directions:**

- 1. In a small bowl, combine cream cheese, sour cream, tomato juice and dry mix.
- 2. Cut up raw vegetables for dipping.

Nutrition Facts: One-fourth cup provides 160 calories, 15g total fat, 45mg cholesterol, 150mg sodium, 3g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689

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