

## 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

### 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*

K-State Research and Extension  
Family Nutrition Program



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### Chef's Choice

Dippity-Do  
Variety of veggies  
Crackers  
Low fat milk

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