

Healthy Children, Healthy Family

Veggie Dip



Makes: 16 servings of 2 Tbsp each

Preparation time: 15 minutes

Ingredients:

2 cups cooked garbanzo beans (or 15 oz can), drained and rinsed

3 cloves of garlic

¼ cup of plain yogurt (low-fat)

1 Tbsp lemon juice

1 tsp olive oil

½ tsp salt

1/8 tsp black pepper

1/8 tsp paprika

Instructions:

1) Put everything in blender and mix well.

2) Serve with slices of cucumber, carrot, peppers, jicama and other vegetables.

Note: Have your child make a fun face with vegetables and dip.



Nutrition Facts

Serving Size (32g)
Servings Per Container

Amount Per Serving

Calories 30 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to
