

Fun Tips for Veggie Dips.and who doesnt like to dip?

Vegetables and dip make great snacks, or serve them with dinner.

Veggies to dip:

Jicama sticks - peel jicama, cut into slices and then into sticks
Cucumbers - peel and cut into rounds or sticks
Bell peppers - green, yellow, red or orange. Slice into big rings
Carrot sticks are classics, but also try carrot coins
Broccoli or cauliflower florets - raw or lightly steamed
Snow peas and sugar snap peas can be dipped and eaten whole
Green beans raw or cooked
Cherry tomatoes

Ranch Dip (makes ½ cup)

¼ cup low-fat sour cream
¼ cup buttermilk
¼ teaspoon garlic powder
½ teaspoon onion powder

1 teaspoon chopped fresh parsley (or ½ teaspoon dried parsley) pinches of salt and pepper
Mix all ingredients together in a small bowl. Keeps up to 3 days in the refrigerator.

Peanut Butter Hummus (makes 1 cup)

1 cup cooked garbanzo beans (or canned beans, drained)
½ cup smooth peanut butter
1 teaspoon toasted sesame oil
1 teaspoon lemon juice
½ teaspoon garlic powder
¼ teaspoon salt

2 to 3 tablespoons water, as needed to thin the dip

Combine all ingredients in a blender or food processor. Puree until very smooth. Keeps up to 3 days in the refrigerator.