

Fruit Dip

Makes 2 ½ cups

Ingredients

- 8 ounces of Greek yogurt
- ½ cup of strawberries
- ½ cup of bananas
- ½ cup of mango
- ½ cup of chopped pecans

Directions

- Place all fruit (except dipping fruit) into a blender.
- Mix until well blended.
- Pour blended fruit over the Greek yogurt and mix in the pecans.
- Sliced apples or any desired fruit that you want to dip. Dip sliced fruit in dipping sauce and enjoy.



Note:

- Greek yogurt provides a good source of dairy and protein. This dip can be used anytime for snacks, an appetizer or desert. Kids love to dip things, which is a great way to get them to snack in a healthy way.

Hummus

Makes 4 servings

Ingredients

- 1 (15-ounce) can no-salt-added garbanzo beans, rinsed and drained
- 1 tablespoon olive oil
- 1 tablespoon white wine or cider vinegar; OR 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- 1/8 teaspoon black pepper
- Dash cayenne
- 1/4 to 1/2 cup nonfat plain yogurt
- 1/4 cup chopped parsley

Directions

- Place all ingredients except yogurt and parsley in a food processor.
- Add 1/4 cup of the yogurt and blend until smooth. Add more yogurt, if necessary, until desired consistency is achieved.
- Transfer to a bowl and stir in the parsley.
- Eat within two days for best quality and safety. Avoid letting hummus sit at room temperature for more than two hours.



TIPS:

- Garbanzo beans also are referred to as chickpeas. Serve hummus as a dip with fresh cut vegetables such as carrots or serve with crackers. Hummus also works well as a sandwich spread, in pita bread and spread in wraps. Some possible additions to hummus sandwiches are grated carrots, sliced or chopped tomatoes, salad greens, chopped or sliced red or green pepper.
- As a substitute for fresh garlic, use 1/8 teaspoon garlic powder.

Source: Alice Henneman, MS, RDN, Nebraska Extension in Lancaster County

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