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Veggies and Dip To Go

Ingredients:

- 1 green pepper
- 1 stalk celery
- 1 carrot
- small section of broccoli head (3/4 cup)
- small section of cauliflower head (3/4 cup)
- 1/4 cup low-fat yogurt

Create-A-Flavor Changes - Add your own ideas, too!

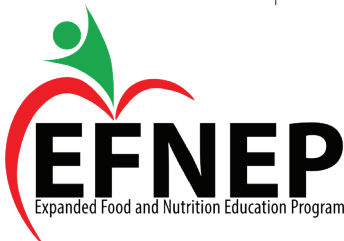
- Choose other fresh vegetables.
- Try apple, pear, or banana slices for dippers.
- Add a little orange juice to plain yogurt.
- Choose different flavored yogurts.
- Blend cottage cheese with a dash of lemon juice, dill seed, and minced dried onion instead of yogurt.

Makes 2 servings - 8% calories from fat

Instructions:

1. Wash and drain all fresh vegetables.
2. Cut the pepper in half (from side to side). Clean out the seeds. Set the pepper "bowls" aside.
3. Cut the celery and carrot into sticks.
4. Cut the broccoli and cauliflower into small pieces.
5. Spoon a layer of yogurt into each pepper bowl.
6. Place half of the celery sticks, carrot sticks, broccoli, and cauliflower in each pepper bowl.
7. Enjoy the portable dip and dippers!

Nutrition Facts	
Serving Size 1/2 pepper with veggies	
Servings Per Container 2	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 4g	
Vitamin A 100%	• Vitamin C 150%
Calcium 8%	• Iron 4%
*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	



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