



# Rainbow Dippers Tzatziki

## Ingredients:

- 2 cups plain lowfat yogurt
- 3 tbsp. Hidden Valley dry dip mix
- 2 tsp. dry dill
- 1 cup cucumber, chopped



## Directions:

Add all ingredients into blender.  
Blend until combined, chill.

Serving Size: ¼ cup (2 tablespoons)

Select salad greens, any vegetables desired. Goal- to introduce one NEW vegetable weekly

## Vegetable List

Reds:  
Red Peppers  
Tomatoes

Yellow:  
Yellow Squash  
Yellow Peppers







## Rainbow Dippers

All of the dippers will vary in Nutritional Analysis slightly.

A range has been provided to help with providing daily nutrition and goals to achieve.

These dips are provided to help promote the children eating increased amounts of vegetables.

Each dipper

Yields: 21 ounces

Serves: 10- 2 tbsp. portions

### Nutritional Analysis

Calories	15-30
Protein	1 gm
Fat	trace-1 gm
Sodium	19-40 mgs
Calcium	5% Daily Value
Fiber	trace