



YOGURT VEGGIE DIP

**RECIPE RECIPE FROM AMANDA LATVALA
MAKES ABOUT 1 CUP**

Greek yogurt is ideal for this recipe because of its thickness but any plain yogurt will work. Plain yogurt is a great source of protein. I usually double or triple this recipe so I have a ready to go healthy snack all week. If you don't have all the herb and spice powders an Italian seasoning mix with the garlic or onion powder works too.

- 1 cup plain yogurt (Greek style is ideal)
- 1 tablespoon dried parsley
- 1 teaspoon dried basil
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon pepper
- ¼ teaspoon salt
- Veggies for dipping: carrots, bell pepper, celery, broccoli, cauliflower, cucumbers

Mix yogurt and spices until well combined. Place in fridge for at least 15 minutes to allow spices to bloom and flavors to intensify. Taste and adjust seasoning as needed.

Cut desired veggies for dipping. Cut carrots and celery into sticks, cut bell pepper into strips, cut broccoli and cauliflower into bite size florets, and cucumbers into disks.

Store leftovers in fridge for up to one week.



MSU EXTENSION • AMBER KASTEN, RDN
PORTAGE HEALTH FOUNDATION • SAULT TRIBE ELDER SERVICES DIVISION



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