

GREEK YOGURT DIP

Ingredients (makes 8 servings, serving size: 2 Tablespoons)

- 1 cup Plain Greek Yogurt (whole milk)
- 3/4 teaspoon Garlic powder
- 1/2 teaspoon Onion powder
- 1/2 teaspoon Dried dill
- 1/4 teaspoon Salt
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon Cayenne pepper or black pepper

Directions

Stir together all ingredients in a medium bowl. Enjoy!

Great to use as a dip or a spread for veggie pizza, cucumber sandwiches, or vegetable wraps etc.

Nutrition Information- Per serving

Calories	26	Total Sugars	1.3g	Sodium	85mg
Protein	2.6g	Total Fat	1.1g	Cholesterol	4mg
Carbohydrate	1.5g	Saturated Fat	.8g	Fiber	.1g



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W Moreland Blvd.

Administration Center Rm G22, Waukesha WI 53188

Phone: 262-548-7877

Para más información español comuníquese con 262-548-7882

waukesha.extension.wisc.edu

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