

### Dilly Dip

#### Ingredients:

125 mL	½ cup	plain yogurt
50 mL	¼ cup	low-fat mayonnaise
2 mL	½ tsp	garlic powder
2 mL	½ tsp	dried dill weed



#### Preparation:

1. Prepare the dip by putting the yogurt, mayonnaise, garlic powder and dill weed in a medium-size bowl. Mix together thoroughly with a spoon.
2. Serve as a dip with vegetables.

Makes 1 ½ cups

Preparation Time: about 5 minutes

#### Equipment:

- bowl
- spoon

### Citrus Cinnamon Dip

#### Ingredients:

125 mL	½ cup	low-fat mayonnaise
125 mL	½ cup	plain yogurt
25 mL	2 tbsp	orange juice
15 mL	1 tbsp	liquid honey *
pinch	½ mL	ground cinnamon



#### Preparation:

1. Prepare the dip by putting the mayonnaise, yogurt, orange juice, honey and cinnamon in a medium-size bowl. Mix together thoroughly with a spoon.
2. Serve as a dip with fresh or canned fruit.

Makes 1 cup

Preparation Time: about 5 minutes

#### Equipment:

- bowl
- spoon

\* Honey is not recommended for children under 1 year.

