

Creamy Dill Dip

Makes: 16 servings

There is no cooking required for this dish, and kids can pick their favorite veggies to go along with the creamy dip.

Ingredients

- 1 cup** sour cream, non-fat
- 1 cup** yogurt, non-fat plain
- 2 tablespoons** dill (dried)

Directions

1. Put the sour cream, yogurt, and dill in a medium bowl. Stir together.
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Notes

Serve with cucumber slices. If you want a creamy salad dressing, add a few tablespoons of water to the dip.

Nutrition Information

Nutrients	Amount
Calories	20
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	30 mg
Total Carbohydrate	4 g
Dietary Fiber	0 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available