

Curry Dip

Makes: 16 servings

Curry powder adds lots of flavor to this vegetable dip. Serve it with veggies or whole wheat pita for a satisfying snack.

Ingredients

- 1 cup sour cream, non-fat
- 1 cup yogurt, non-fat plain
- 1 tablespoon curry powder

Directions

1. Mix the sour cream, yogurt, and curry powder.
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 bite-size raw vegetables, crackers, or pita bread.

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