**Spinach Dip**

1 cup low-fat plain yogurt  
1 cup low-fat mayonnaise  
1 envelope dry vegetable soup mix  
1 (10 oz) package frozen, chopped spinach, thawed and squeezed dry  
Assorted raw vegetables for dipping

In a medium bowl combine the first 3 ingredients together with a fork. Add the dry spinach to the dip mixture and mix well until blended. Cover and refrigerate until ready to serve. Serve with assorted fresh vegetables such as broccoli, cauliflower, carrot sticks, celery sticks, bell pepper strips and cucumber slices, or serve with crackers. Makes a great snack!

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**Easy Lowfat Fruit Dip**

1 cup low-fat vanilla yogurt  
1/4 cup low-fat mayonnaise  
2 teaspoons honey (optional)  
1/2 teaspoon cinnamon (optional)  
1/2 teaspoon nutmeg (optional)  
Assorted fruits for dipping

In a small bowl combine ingredients together and stir with a spoon until well blended. Cover and refrigerate until ready to serve. Serve with your favorite fruits, such as apple wedges, strawberries, grapes, orange sections, peach slices, and pineapple. Makes a great snack!
Nutrition Facts

Servings Per Recipe 24
Amount Per Serving 2 Tablespoons
Calories 312 2% of total calories from fat
Total Fat 1g Sodium 251mg
*Vitamin A 36% *Vitamin C 2%
*Calcium 4% *Iron 1%

* Percentage Daily Values

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Gale A. Buchanan, Dean and Director

Released by Kelly Cordray, MS, RD, LD, EFNEP Nutrition Specialist
October 2004
Publication Number FDNS-NE-1059

Nutrition Facts

Servings Per Recipe 10
Amount Per Serving 2 tablespoons
Calories 351 17% of total calories from fat
Total Fat 1g Sodium 72mg
*Vitamin A 1% *Vitamin C 1%
*Calcium 5% *Iron 1%

* Percentage Daily Values

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