



Zippety Dips

Dips are a great way to get kids to eat fruits and vegetables. There's no doubt about it — kids love bite-size pieces of fruits and vegetables. Crunchy, raw vegetables with dip are always a hit, and sweet pieces of ready-to-eat fresh fruit make great snacks. So if the children won't eat steamed broccoli, try offering raw broccoli florets with a low-fat dressing for dip. Chances are, they will gobble it up and ask for more!

VEGGIE DIPPERS:

- Asparagus spears
- Bell pepper strips (green, red, yellow, & orange)
- Broccoli florets
- Carrot sticks
- Cauliflower florets
- Celery sticks
- Cherry tomatoes
- Cucumber rounds
- Pickles
- Radishes
- Yam or sweet potato strips
- Yellow squash slices
- Zucchini strips

FRUIT DIPPERS:

- Apple wedges
- Bananas
- Melon slices
- Grapes
- Mandarin orange segments
- Pear wedges
- Pineapple slices
- Strawberries

Caution: Infants and young children can choke easily on some foods, such as nuts, popcorn, fruit seeds or pits, pieces of hot dogs or bacon, and some raw vegetables and fruits, such as carrots, celery, apples, and grapes. Using grated or finely chopped foods may reduce the risk of choking. Never leave an infant or young child alone while eating.

Try these
easy-to-make dips:

FRUIT DIP

- 1 cup plain nonfat yogurt
- ½ cup chopped fruit

Combine ingredients in a blender and blend until smooth.

Makes 1½ cups

CHILI DIP

- 1 can (16 ounces) kidney beans, drained

- 1 Tbsp. vinegar
- ¾ tsp. chili powder
- ¼ tsp. salt
- 1 Tbsp. minced onion
- 1 tsp. dried parsley

Combine all ingredients in a blender and blend until smooth.

Makes 1½ cups



CUCUMBER DIP

- 8 ounces low-fat cream cheese
- 1/2 cup peeled, chopped cucumber
- 2 Tbsp. lemon juice
- 1/2 Tbsp. mustard

Combine all ingredients in a blender. Blend until smooth.

Makes 1 1/2 cups



PEANUT BUTTER DIP

- 2/3 cup creamy peanut butter
- 2/3 cup honey *
- 1/4 cup lemon juice

Combine all ingredients in a small mixing bowl. Beat at slow speed with an electric mixer until smooth. Makes 1 1/3 cup

* Caution: Do not use honey in beverages and uncooked foods for infants under the age of two years. Honey may contain botulism toxins.

ZIPPY VEGETABLE DIP

- 1 cup cottage cheese
- 1 cup low-fat plain yogurt or sour cream
- 1 envelope (1 ounce) ranch-style salad dressing mix

Put all ingredients in a blender. Blend on medium speed about 30 seconds or until mixture is smooth. Makes 2 cups

DIPPITY DO FOR FRUIT

- 2 cups (16 ounces) low-fat sour cream
- 1 package (1 ounce) sugar-free instant vanilla pudding mix
- 1/4 cup fat-free milk
- 4 tsp. lemon juice
- 1 tsp. grated lemon peel

In a bowl, whisk the sour cream, pudding mix, lemon juice, and peel until blended. Serve with fruit. Makes 2 cups

CREAMY HAM DIP

- 8 ounces low-fat cream cheese, softened
- 3 ounces ham slices, finely chopped
- 1/4 cup finely chopped celery
- 2 Tbsp. finely chopped onion
- 1 Tbsp. sweet pickle relish, drained

Put cream cheese and ham in blender. Mix until smooth. Stir in celery, onion, and relish.

Makes 1 1/2 cups

LOW-FAT VEGETABLE DIP

- 1 cup low-fat cottage cheese
- 1/2 cup plain yogurt
- Choose from these seasonings:
 - Ranch: 2 Tbsp. dry ranch dressing mix
 - Onion: 2 Tbsp. dry onion soup mix
 - Garlic: 1/2 tsp. garlic powder
 - Parmesan: 2-4 Tbsp. grated Parmesan cheese

Mix all ingredients in a blender or mash cottage cheese with a fork before mixing with yogurt. Chill 1 hour to let flavors blend.

Makes 1 1/2 cups



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