Recipe
Takes 10 minutes
Makes 10 kabobs

Ingredients
For 5 servings
YOU WILL NEED:
- cutting board
- chef knife (adults only)
- mixing bowl
- whisk
- ¼ cup measure
- tablespoon measure
- spoons, forks
- plastic cocktail cups
- ½ cup non-fat plain Greek yogurt
- 2 tablespoons light mayonnaise
- ¼ cup frozen, chopped spinach, cooked, cooled and squeezed dry
- 1 tablespoon vegetable dip mix or ranch dressing powder
- 1 cup assorted vegetable sticks for dipping (such as carrot, celery, cucumber and bell pepper)

Preparation
1. Place the Greek yogurt, mayonnaise, spinach and dip mix in a bowl and whisk until incorporated.
2. Put the dip in a bowl and serve with assorted cut vegetables for dipping.
**DIRECTIONS**

1. Fill in the blank in the bubble.
2. Complete the yogurt container.
3. Add a cape, mask and other things to make it a superhero!

Build up your "tummy armour by eating _____________!"