

Week 3: Yogurt

Yogurt Spinach Dip with Veggie dippers



Recipe
Takes 10 minutes
Makes 10 kabobs

YOU WILL NEED:

cutting board
chef knife (adults only)
mixing bowl
whisk

1/4 cup measure
tablespoon measure
spoons, forks
plastic cocktail cups

Ingredients For 5 servings

1/2 cup non-fat plain Greek yogurt
2 tablespoons light mayonnaise
1/4 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)



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plain Greek yogurt



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light mayonnaise



1/4 cup frozen, chopped spinach,
cooked, cooled and squeezed dry



1 cup assorted vegetable sticks
for dipping (such as carrot,
celery, cucumber and bell pepper)



1 tablespoon vegetable dip
mix or ranch dressing powder

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.

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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
_____!"

