

Lesson 1: DIP CUPS



Recipe

Takes 5-7 minutes
Makes 5 servings

YOU WILL NEED:

tablespoon	5 spoons
mixing Bowl	5 cups
spatula	cutting board
knife (adults only)	peeler (adults only; optional)

Ingredients

For 5 servings



2 whole carrots



2 celery stalks



2 bell peppers



1 medium or large cucumber



4 tablespoons skim milk



8 tablespoons non-fat Greek yogurt



4 tablespoons low-fat mayonnaise



1 tablespoon ranch dressing powder

Preparation

Cut carrots, celery, peppers and cucumbers into 3" sticks.
Combine milk, yogurt, mayonnaise and ranch powder in mixing bowl.
Use spatula to mix.
Spoon ranch dip into cups.
Choose veggies for your cup; arrange so all veggies are dipped in ranch at the bottom.
Enjoy!

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DIRECTIONS

1. Fill in the blank.
2. Color the carrot.
3. Circle which carrot the rabbit sees.



If I eat
carrots, I will
have stronger
_____!

