

# Lesson 1: DIP CUPS



## Recipe

Takes 5-7 minutes  
Makes 5 servings

## YOU WILL NEED:

tablespoon  
mixing Bowl  
spatula  
knife (adults only)

5 spoons  
5 cups  
cutting board  
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  
\_\_\_\_\_!

