

Delicious Dips & Spreads

Pair your favorite fruits, veggies, and whole grains with easy-to-make dips.

If you do not have a blender, use a fork to mash more solid ingredients. Then, blend with other ingredients using a mixing spoon.

Bean Dip

- Using a blender, mix 1 (15½ ounce) can beans (cannellini, chickpeas, black beans, etc.), 1 minced clove garlic, ¼ cup water, 1 Tablespoon canola oil, ½ teaspoon salt, ½ teaspoon ground black pepper.
- For extra kick, add ¼ cup salsa. For a thicker dip, add ¼ cup low-fat yogurt. For a different flavor, add ¼ cup of your favorite rinsed and minced fresh herbs.
- Serve with cut-up fresh veggies, with whole wheat pita wedges or crackers, or as a sandwich spread.

Honey Mustard Dip

- Mix ½ cup plain nonfat yogurt, 1 Tablespoon mustard, and 1 Tablespoon honey.
- Serve with baked chicken fingers or soft pretzels.

Vegetable Dip

- Mix ½ cup nonfat plain yogurt, ½ cup reduced-fat mayonnaise, and 1 Tablespoon salt-free seasoning blend (or use ½ teaspoon each of dried chives and parsley, ¼ teaspoon each of garlic and onion powder, and ⅛ teaspoon each of salt and pepper). Substitute low-fat sour cream for the mayonnaise if you like.
- Serve with cut-up fresh veggies. Or, use as a topping for quesadillas, tacos, or chili.

Pumpkin Dip

- Using a blender, mix 1 (15 ounce) can pumpkin puree, 1 cup low-fat cream cheese (softened), ¼ cup powdered sugar, 1 teaspoon ground cinnamon, and ⅛ teaspoon ground nutmeg.
- Serve with whole wheat graham crackers, with apple wedges, or as a spread on whole wheat toast or bread.

Ricotta Fruit Dip

- Mix 8 ounces low-fat ricotta cheese, ½ cup nonfat vanilla yogurt, 3 Tablespoons of your favorite fruit preserves or jam, and ½ teaspoon ground cinnamon.
- Serve with cut-up fresh fruit, with graham crackers, or as a spread on whole wheat toast, bread, or pancakes.

Fruit Yogurt Dip

- Using a blender, mix 1 cup low-fat cream cheese (softened), ½ cup nonfat vanilla yogurt, ½ cup fruit puree — such as crushed pineapple, berries, or mashed banana — 1 teaspoon honey, and ¼ teaspoon ground cinnamon.
- Serve with cut-up fresh fruits such as apples, bananas, grapes, or strawberries.