

Creamy Dill Dip

Ingredients:

8 ounces nonfat sour cream
 6 ounces nonfat yogurt, plain
 2 tablespoons dill weed

Equipment:

Medium bowl
 Large spoon

Number of Servings: 16
 Preparation Time: 5 minutes
 Total time: 5 minutes

Directions

1. Put the sour cream, yogurt, and dill in a medium bowl.
2. Stir together.
3. Serve with cucumber slices.
4. If you want a creamy salad dressing, add a few table-
 spoons of water to the dip.

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Nutrition Facts

Serving Size: 2 tablespoons
 Servings: 16

Amount Per Serving		%Daily Value*	
Calories 15	Calories from Fat trace		
Total Fat traceg			0%
Saturated Fat traceg			0%
Cholesterol 2mg			0%
Sodium 18mg			2%
Total Carbohydrate 3g			1%
Dietary Fiber traceg			3%
Protein 2g			3%
Vitamin A 4%	Vitamin C 1%		
Iron 1%	Calcium 5%		

*Percent Daily Values are based on a 2,000 calorie diet.

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