



## Dippity Doo Dah

Serves 16 (2 Tablespoons each)

½ cup low-fat sour cream

1 ½ cup low-fat plain yogurt

1 package ranch dressing mix

Fresh vegetables of your choice for dipping:

baby carrots, celery, broccoli, cauliflower, cucumbers, etc.

1. Mix sour cream and yogurt together.
2. Stir in the dressing mix.
3. Chill and serve with vegetables.

Kids remember: Always have a grown-up help you

