



YOUR LOGO

Your Message or Tag Line (Optional)

Prep time: 20 minutes
Cook time: none

Yield: 4 servings
Serving size: 3 tomato slices,
1 C watermelon
(or 2 skewers)

Low-fat blue cheese dip:

¼ C reduced-fat blue cheese crumbles
¼ C fat-free sour cream
2 Tbsp light mayonnaise

Honey mustard dip:

¼ C honey
2 Tbsp brown mustard
2 Tbsp fat-free evaporated milk
1 Tbsp fresh parsley, rinsed, dried, and
chopped (or 1 tsp dried)
1 Tbsp fresh chives, rinsed, dried, and
chopped (or 1 tsp dried)

Tuscan white bean dip:

1 Tbsp olive oil
1 Tbsp garlic, chopped (about 3 cloves)
2 Tbsp onions, chopped
1 C low-sodium cannellini beans,
rinsed
¼ C low-sodium chicken broth
1 Tbsp fresh parsley, rinsed, dried,
and chopped (or 1 tsp dried)
1 tsp fresh oregano, rinsed, dried,
and chopped (or ¼ tsp dried)

Vegetables:

5 C assorted raw vegetables, rinsed
and cut into bite-sized pieces as
needed—such as baby carrots,
celery sticks, broccoli florets,
cauliflower florets, or cherry
tomatoes



DUNKIN' VEGGIES AND DIPS

*dipping makes veggies fun—try these tasty dips for dinner,
a snack, or a party!*

1. Combine ingredients for any (or all) of these three dips separately, and set
aside (see note below).
2. Arrange vegetables on a platter, and serve with choice of dip.

Nutrition Per Serving:

low-fat blue cheese dip (1 Tbsp):

calories 56
protein 3 g
carbohydrate 3 g
total fat 4 g

honey mustard dip (1 Tbsp):

calories 71
protein 1 g
carbohydrate 19 g
total fat 0 g

tuscan white bean dip (1 Tbsp):

calories 87
protein 3 g
carbohydrate 10 g
total fat 4 g

vegetables (1½ C mixed baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes):

calories 42
protein 2 g
carbohydrate 9 g
total fat 0 g



Note: Tuscan white bean dip requires a mixer, masher, or big spoon to make the
dip smooth. If you can't find beans that are labeled "low sodium," compare the
Nutrition Facts panels to find the beans with the lowest amount of sodium.
Rinsing can help reduce sodium levels further.

Children can help make the dips and rinse the vegetables.