

# Recipe for

## ZESTY YOGURT DIP

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EQUIPMENT NEEDED Mixing bowl, spoon, measuring spoons.

SERVES 2 ESTIMATED COST \$3.00 COST PER SERVING \$1.50

### INGREDIENTS

- 1 cup Greek yogurt
- Juice of 1 lime
- 1 tbsp dry dill weed
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp sea salt
- 1 tbsp water

### METHOD OF PREPARATION

1. Combine all ingredients in mixing bowl and stir well to combine.
2. Enjoy as a dip with your favorite veggies or thin with 1 more tbsp of water to use as a sauce!

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### NUTRITION INFORMATION

Zesty Yogurt Dip		
Nutrition Facts		
Serving Size	1 full recipe	
Amount Per Serving		
<b>Calories</b>	<b>110</b>	
		% Daily Value*
<b>Total Fat</b>	4 g	5 %
Saturated Fat	2.4 g	12 %
Trans Fat	0.1 g	
<b>Cholesterol</b>	13 mg	4 %
<b>Sodium</b>	226.5 mg	10 %
<b>Total Carbohydrate</b>	6.8 g	2 %
Dietary Fiber	0.5 g	2 %
Total Sugars	4.8 g	
Added Sugars	0 g	0 %
<b>Protein</b>	11.6 g	
Vitamin D	0.1 mcg	0 %
Calcium	187.8 mg	14 %
Iron	0.7 mg	4 %
Potassium	228.1 mg	5 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

### HEALTH BENEFITS

**Limes** are a delicious way to add a pang of flavor to any dish! In addition to their taste, limes are a great source of vitamin C, which supports the immune system. They also contain nutrients such as folate, potassium, and flavanoids that are linked to a reduced risk of chronic diseases.



### HEALTH BENEFITS

**Garlic** contains beneficial compounds called allicin, which have been shown to have anti-inflammatory, antibacterial, and antifungal properties. Garlic also contains vitamins C which supports the immune system.

#### References:

1. Recipe provided by Gabrielle La Chapelle

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