



Dip for carrots (and any additional raw vegetables)

1 cup lowfat cottage cheese

1 c (fat free) Greek yogurt

1-2 tsp dried dill weed

1 packet hidden valley ranch dressing (packaged mix)

Mix all ingredients together well

Use as a dip for raw vegetables

Yield: 12 servings

Serving Size: Each serving provides a meat / meat alternate at snack for children 3-5 years old.