
Ingredients:

6 carrots, shredded
1 1/2 cups fat free plain yogurt
1 clove of garlic, mashed
1 Tablespoon oil
Juice from half a lemon
1/2 teaspoon salt

Directions:

1. Wash hands with soap and warm water. Wash fresh fruit and vegetables before preparing.
2. Peel, and grate carrots.
3. Add garlic oil, lemon juice, and salt to yogurt and stir.
4. Add carrot and mix well.
5. Serve as a dip with whole grain crackers or veggies.

Nutrition Facts (Per Serving)

calories, 94; carbohydrate, 13 g; protein, 4 g; total fat, 3 g; saturated fat, 1 g; trans fat, 0 g; cholesterol, 5 mg; fiber, 2 g; total sugars, 9 g; sodium, 276 mg; calcium, 121 mg; folate, 1 mcg; iron, 0 g; percent calories from fat, 29%.

Makes 6 servings

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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