

## Ingredients:

6 carrots, shredded
11/2 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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