

Dips for chips, veggies, sandwiches~

Greek yogurt is a staple in our house.

Great for dips and high in protein!

I use Plain FAGE Fat Free

1 cup Greek yogurt and add 1 tsp of favorite flavor.

Flavors I've used:

1. My favorite is "Mediterranean"

I find it at the Yankee Food Market, you are supposed to make a marinade out of it for meat. I don't want the extra oils so I use it as a dry rub and to flavor my dip!

2. Chili powder & Cumin
3. 1/4 cup Salsa
4. Fresh grated Parm cheese and Black Pepper
5. Any flavor Mrs. Dash.

Simply add flavor and mix.

For thicker dips, strain yogurt over night with cheese cloth to make Yogurt Cheese, much like cream cheese.