



## **Swimsuit-Ready in 20 Days: Dip Recipes**

***1 dip counts as ONE MEAL***

**You can have up to a cup of carrots, red peppers, celery and/or cucumber with the dip.**

**\*Add all ingredients to blender and blend until smooth**

### **LOW FAT SPICY BEAN DIP**

Scallions, raw, .25 cup, chopped  
Garlic, 1 clove  
Chunky Salsa - Mild, 3 teaspoons  
Kidney Beans, 8 oz

#### Nutritional Info

- Servings Per Recipe: 1
- Calories: 247.5
- Total Fat: 2.1 g
- Dietary Fiber: 14.2 g
- Protein: 14.6 g

### **LOW FAT BROCCOLI DIP**

Fat Free Sour Cream, 4 tbsp  
Broccoli, frozen, 1 package (10 oz)  
Water chestnuts 100 grams  
Lipton or Knorr soup mix (1 package)

#### Nutritional Info

- Servings Per Recipe: 1
- Calories: 256.0
- Total Fat: 2.0 g
- Dietary Fiber: 11.9 g

- Protein: 13.6 g

### **MUSHROOM DIP**

1 cup roasted cremini mushrooms ( jarred or canned mushrooms may be substituted)  
 2 tablespoons chopped scallions  
 ½ cup sliced water chestnuts  
 ½ cup Fage 0% greek yogurt  
 2 cloves, cooked garlic  
 1/2 teaspoons salt

**Calories 253**  
**Protein 17.1g**  
**Fat .1g**  
**Fiber 8.1g**

### **LOW FAT TACO DIP**

¼ cup fat free cottage cheese  
 2 teaspoons 40% lower sodium taco seasoning  
 1 teaspoons horseradish  
 ½ cup navy beans  
 ¼ cup fire roasted tomatoes, canned

**Calories 225**  
**Protein 16.9g**  
**Fat .6g**  
**Fiber 7.7g**

### **LOW FAT DILL DIP**

1 teaspoons dried onion flakes  
 2 teaspoons dried dill  
 2 tablespoons dried parsley  
 ½ teaspoons salt  
 pinch cayenne  
 1 tablespoon psyllium husk (fiber)  
 1 cup Fage 0% greek yogurt  
 4 tablespoon Hellman's LIGHT mayonnaise

**Calories 239.5**  
**Protein 13.0g**  
**Fat 14g**

**Fiber**            **4.5g**

### **LOW FAT SPINACH DIP**

Fat Free Greek yogurt 4 oz  
Spinach, canned, 1 cup  
Hellman's Light Mayonnaise, 2 tbsp  
Soup Mix, Dry, 1 serving  
Onion (Raw), 1 oz  
Lemon juice, 1 tbsp  
Waterchestnuts 2/3 cup

#### Nutritional Info

- Servings Per Recipe: 1
- Calories: 262.2
- Total Fat: 4.8 g
- Dietary Fiber: 8.1 g
- Protein: 19.2 g

### **HIDDEN VALLEY YOGURT VEGETABLE DIP**

Konsyl Psyllium Fiber, 1 serving  
Fresh Chives, 2 tablespoons, chopped  
Parsley, dried, 2 tablespoons  
Hidden Valley Original Ranch Dressing Mix, 2 tablespoons  
6 oz Fat Free Greek yogurt

#### Nutritional Info

- Servings Per Recipe: 1
- Calories: 229.5
- Total Fat: 8.2 g
- Dietary Fiber: 5.9 g
- Protein: 18.0 g

### **EASY HUMMUS**

Kosher Salt, 1 teaspoon  
Cumin seed, 2 teaspoon

Garlic, 1 clove  
Konsyl Psyllium Fiber, 1 serving  
Olive Oil, 1 1tsp Chickpeas  
Garbanzo beans, 0.75 cup

#### Nutritional Info

- Servings Per Recipe: 1
- Calories: 277.2
- Total Fat: 7.5 g
- Dietary Fiber: 13.4 g
- Protein: 9.8 g