






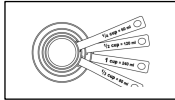
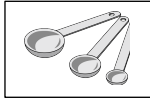




# Vegetable Dip

Ingredients:	
1 cup cottage cheese	
½ cup plain yogurt	
½ tsp dried dill weed	
1/8 tsp onion salt/powder	
¼ tsp lemon juice	

Supplies:	
Bowl	
Spoon	
Measuring cups	
Tablespoon measurements	

## Steps:

1. Mix ingredients together in a bowl.
2. Allow flavors to mix for a while before serving.
3. Serve with a variety of vegetables for dipping such as; carrots, broccoli, cauliflower, grape tomatoes, cucumber, peppers, etc.