



## three layer yogurt dip

- ½ cup plain yogurt
- 1 cup hummus
- ¼ cup finely chopped cucumbers
- ¼ cup finely chopped tomatoes

- Spread hummus on a plate. Top with yogurt.
- Sprinkle cucumbers and tomatoes on top.
- Serve with whole grain crackers, or dip with carrot, cucumber or celery sticks.



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