

three layer yogurt dip

- ½ cup plain yogurt 1 cup hummus
 - ¹⁄4 cup finely chopped cucumbers
 - ¹/₄ 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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