nubites™ No. 426

nutrition tips for today's families

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.

nutrition matters® nutrition education that matters

© **Nutrition Matters, Inc.** All Rights Reserved.
This tipsheet can be reproduced for educational purposes.

nubites™ No. 426

nutrition tips for today's families en Español

dip de yogur de tres capas

½ taza de yogur natural

1 taza de humus

¼ de taza de pepinos picados fino

¼ de taza de tomates picados fino

- Extiende el humus en un plato. Agrega el yogur arriba.
- Espolvorea los pepinos y los tomates en la parte superior.
- Sírvelo con galletas integrales o moja en él bastones de zanahoria, pepino o apio.

nutrition matters® nutrition education that matters

© **Nutrition Matters, Inc.** All Rights Reserved.
This tipsheet can be reproduced for educational purposes.