



GREEK YOGURT DIP AND VEGGIE PLATE

INGREDIENTS

ITEM

Plain Greek Yogurt
Lemon Juice
Garlic Powder
Salt
Carrots, Cucumber, Bell Peppers

QUANTITY

½ Cup
1 Tsp.
½ Tsp.
Salt

SERVING SIZE

1

PREPARATION

- Add Greek yogurt, lemon juice, garlic powder, and salt to a small bowl.
- Stir well until smooth and creamy.
- Taste and adjust seasoning if needed.
- Arrange fresh vegetables on a plate or container.
- Serve dip alongside vegetables for dipping.