

Onion soup mix is the star of this easy-to-make dip. Kids like to dip and crunch, so what better way to help them get in a serving of veggies than with a mouthwatering dip? Try it, they'll like it!

### **Vegetable Dip with Carrots and Celery**

1/2 cup low-fat or nonfat, plain or sugar-free yogurt, drain over a coffee filter or cheese cloth overnight in the refrigerator

2 Tbsp. onion soup mix

Use a variety of vegetables for dipping!

Sliced red, green, yellow peppers

Baby carrots

Celery stalks