



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY RECIPES

Ms. Liz from the Armbrust YMCA shared two of her recipes for healthy dips from her Cooking Creations class for kids.

Happy cooking, Y families!

Healthy Hummus!

- 1 small clove garlic (or ½ teaspoon minced garlic)
- 2 15-ounce cans chickpeas, rinsed and drained, 1/3 cup liquid saved to use.
- 2 tablespoons lemon juice
- 1/4 teaspoon ground cumin.
- Sprinkle of nutmeg.
- 1/4 cup Greek yogurt.
- 3 - 4 tablespoons extra-virgin olive oil.
- Salt and pepper to taste

Blend all ingredients in a food processor or blender until smooth. Serve with your favorite veggies or chips or crackers.

Greek Yogurt Veggie Dip!

- 1 cup plain Greek yogurt
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried dill
- 1 teaspoon parsley
- 1/4 teaspoon salt

Stir all ingredients together until smooth. Allow to sit for 10 minutes to let flavors of spices to release. Serve with your favorite veggies.