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.