



DYNAMITE RECIPES THAT START WITH THE LETTER "D"!

DELICIOUS DILL VEGGIE DIP!

INGREDIENTS

6 OUNCES OF NONFAT PLAIN GREEK YOGURT
1 TABLESPOON FRESH DILL, CHOPPED
1 CLOVE GARLIC, MINCED
1 TABLESPOON FRESH LEMON JUICE
SALT AND PEPPER TO TASTE

DIRECTIONS

MIX ALL INGREDIENTS IN A BOWL
REFRIGERATE FOR AT LEAST TWO HOURS.
SERVE WITH CHOPPED VEGGIES OR CRACKERS.



DEVILED EGGS!

INGREDIENTS

4-6 HARD BOILED EGGS

3 TBL LIGHT MAYO (I USED FAT-FREE)

3 TBL MIXED VEGGIES, SUCH AS RED PEPPER, GREEN ONIONS, AND CELERY, CHOPPED VERY SMALL.

(ALWAYS HAVE AN ADULT HELP WITH CHOPPING!)

1 TSP. MUSTARD, DASH OF SALT, AND A DASH OF PAPRIKA

DIRECTIONS

SLICE HARD BOILED EGGS IN HALF. POP THE YOLKS OUT.

MASH THE YOLKS WITH MAYO, VEGGIES, MUSTARD AND SALT.

RETURN TO THE HOLLOWED OUT EGG WHITES.

USE OLIVES OR SEA-WEED PAPER TO DECORATE.

SPRINKLE WITH PAPRIKA AND SERVE.

DRY YOUR OWN FRUIT!

RAISINS ARE DRIED GRAPES... TRY IT OUT! JUST SET SOME OF YOUR FAVORITE FRUITS IN THE SUN!