

The image features five white ceramic bowls arranged in a circular pattern on a light-colored, possibly marble, surface. Each bowl contains a different type of dip. Starting from the top and moving clockwise: the first bowl contains a white dip with shredded orange carrots and green onions; the second bowl contains a thick, smooth, light brown dip; the third bowl contains a green dip with a small garnish of fresh green herbs; the fourth bowl contains a white dip with a swirl pattern; and the fifth bowl contains a green dip with sliced green onions. In the center of the arrangement, the text "Dip into Variety" is written in a large, black, cursive script. A thick black brushstroke underline is positioned beneath the word "Variety".

Dip into
Variety

Dip into Variety

Follow these steps for all recipes in this brochure.

- ▶ Mix all ingredients together.
- ▶ Put in fridge until serving.
- ▶ Serve with fruit or vegetables.

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Dip and enjoy!

Recipe swaps

Check your fridge to see what dairy products you already have. Any of the following can be used in the recipes:

- Plain Greek yogurt
- Plain yogurt
- Cottage cheese
- Sour cream
- Ricotta cheese

*Please note that some of the recipes in this brochure use honey. Do not give any type of honey to infants who are less than one year old.

*Dip into
Variety*

*dip to
the cottage*

- 1 cup (250 mL) Cottage cheese*
- 1 tsp (5 mL) garlic powder
- 1 tbsp (15 mL) green onion, chopped
- 1 tsp (5 mL) dried parsley
- 1 tbsp (15 mL) canola oil
- 1 tbsp (15 mL) lemon juice
- 1/8 tsp (0.5 mL) salt and pepper

*Note: Use a blender or food processor to mix Cottage cheese until smooth.





*Dip into
Variety*

*Spice up your
life fruit dip*

1 cup (250 mL) plain yogurt

1½ tbsp (25 mL) pasteurized liquid honey

1 tsp (5 mL) lemon juice

1/8 tsp (0.5 mL) ground ginger

tips for success

Trust that children know when they are hungry and when they are full. They know their bodies best!



*Dip into
Variety*

*chow
down dip*

- ½ cup (125 mL)** plain Greek yogurt
- ½ cup (125 mL)** sour cream
- ⅓ cup (75 mL)** Canadian Cheddar cheese,
shredded
- 1 tbsp (15 mL)** green onion, chopped
- 2 tbsp (30 mL)** carrot, peeled and grated
- ¼ tsp (1 mL)** dried dill weed
- ½ tsp (2 mL)** pasteurized liquid honey

tips for success

Enjoyment of meals can be enhanced
by eating with others.



*Dip into
Variety*

*all about
that dill dip*

- ½ cup (125 mL) sour cream**
- ½ cup (125 mL) mayonnaise**
- 1 tbsp (15 mL) dried dill weed**
- 1 tbsp (15 mL) onion powder**
- ½ tbsp (7 mL) dried parsley**
- 1 tsp (5 mL) garlic powder**
- 1/8 tsp (0.5 mL) salt**

tips for success

Involve children by letting them measure, pour, stir and spread. Children often surprise us with what they can do!



Dip into Variety

Soak up the Sun fruit dip

- 1 cup (250 mL) plain Greek yogurt
- ¼ cup (60 mL) creamy sunflower seed butter
- 1 tbsp (15 mL) pasteurized liquid honey

Tips for success

Let children explore new foods without pressure to taste them. Learning happens even when children only see, smell or touch a food.

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