

Crisp CUCUMBER APPLE DIP

The Crisp Cucumber Apple Dip is a great afterschool snack for kids, especially for those that love dips! We disguised vegetables and fruits in this tasty dip by adding cucumbers and apples to the mix.



Prep time: 5 minutes
Cook time: N/A
Serves: 6-8 People

DIRECTIONS:

- In a medium size mixing bowl, add apples and lemon juice, mix them together. This will help to avoid browning. Then add vanilla and cream cheese to the bowl and mix them together using an electric mixer.
- Wash and slice cucumbers and arrange them on a serving platter. Pour cream cheese mixture into a bowl and serve it as the dip.

INGREDIENTS:

- 1 English Cucumber, sliced
- 8 oz cream cheese
- 1 Granny Smith Apple, diced
- 1 tsp vanilla extract
- 1 tsp fresh lemon juice

CHEF'S TIP:

If you like a little spice you can substitute the apple slices with jalapeño peppers.

Nutrition Facts	
Serving Size (97g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 105mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 1g 4%	
Sugars 4g	
Protein 2g	
Vitamin A 10%	Vitamin C 6%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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