SHOPPING LIST

Baby Carrot & Confetti Dip

- ◯ Carrots
- ◯ English Cucumber
- ◯ Greek Yogurt
- ◯ Garlic
- ◯ Kosher Salt
- ◯ Baby Carrots

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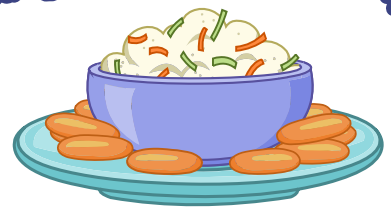
Professor Fizzy presents

SNACKS

PBS KIDS GO!

FIZZY'S LUNCH LAB

Baby Carrot & Confetti Dip



VEGETARIAN	TIME	DIFFICULTY	MAKES
V		E	1
YES	Under 30 min.	Easy	Cup of Dip

YOU WILL NEED

½ cup shredded carrots

½ cup shredded English cucumber

½ cup whole milk Greek yogurt

¼ teaspoon minced or pressed garlic

Pinch kosher salt

28 baby carrots

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

If you can't find Greek yogurt, place 1 cup of whole or low fat regular yogurt in a strainer or colander lined with muslin or a paper towel, and set the colander over a bowl. Refrigerate for 2 hours and discard the liquid in the bowl. If using a regular cucumber, remove the seeds before shredding.

STEP 1: Whisk all the ingredients, except the baby carrots, together in a medium bowl until combined.

STEP 2: Serve immediately with the baby carrots, or cover and refrigerate for up to 1 day.

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Nutrition Facts

Serving Size (152g)
Servings Per Container 4

Amount Per Serving
Calories 50 Calories from Fat 10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	

Vitamin A 240% • Vitamin C 8%
Calcium 8% • Iron 4%

*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