

YOGURT & APPLESAUCE VEGGIE DIP WITH DANNON

Mix Dannon® Quarts with other WIC* Eligible Foods** and create tasty recipes.

serves
4 people

prep time
5 min

Ingredients



2 cups

Brand Dannon
Low Fat Plain Yogurt

+



+

2 cups

Applesauce,
Unsweetened



1 cup

Baby Carrots

1. Mix yogurt and applesauce until well combined.
2. Serve with carrots or other veggies for dipping.
3. Enjoy!

*WIC is a registered service mark of the U.S. Department of Agriculture for USDA's Special Supplemental Nutrition Program for Women, Infants and Children. **These products meet the minimum Federal requirements for the Women, Infants and Children Supplemental Nutrition Program (7 CFR section 246.10). Please check for eligibility of these products with your state/agency WIC program.