Sam Celery's CELEBRATED DIP RECIPES

These yummy dips are great with raw veggies. Try asparagus spears, bell pepper strips, jicama strips, snow pea pods, cherry tomatoes, baby carrots, zucchini sticks, or radishes.

Nutty Honey Dip

Makes 16 servings
2 tablespoons per serving

Ingredients

1½ cups peanut butter
1/2 cup honey

Instructions

1. **Blend** all ingredients in small microwave-safe bowl.
2. **Heat** dip in microwave for 30 seconds or until it reaches a consistency that allows for easy dipping.
3. **Stir** before serving.

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Nutrition Information Per Serving:

Calories	175	Protein	6 grams
Total fat	13 grams	Vitamin A	0 International Units
Saturated fat	2.5 grams	Vitamin C	0 milligrams
Cholesterol	0 milligrams	Calcium	12 milligrams
Sodium	120 milligrams	Iron	0.5 milligram
Carbohydrate	13 grams	Potassium	138 milligrams
Dietary fiber	1.4 grams	Folate	18 micrograms

Green Monster Dip

Makes 8 servings
1/4 cup per serving

Ingredients

1 ripe DOLE® Avocado, peeled and seeded
1 tablespoon fresh lemon or lime juice
1/4 teaspoon salt

Instructions

1. **Mash** together all ingredients in small bowl.

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Nutrition Information Per Serving:

Calories	71	Protein	1 gram
Total fat	7 grams	Vitamin A	63 International Units
Saturated fat	1 gram	Vitamin C	5 milligrams
Cholesterol	0 milligrams	Calcium	6 milligrams
Sodium	76 milligrams	Iron	0.3 milligram
Carbohydrate	4 grams	Potassium	217 milligrams
Dietary fiber	3 grams	Folate	27 micrograms

Super Creamy Spinach Dip

Makes 8 servings
1/4 cup per serving

Ingredients

1 (6-ounce) pkg. DOLE® Spinach Salad Blend
1½ cups prepared low fat Ranch dressing

Instructions

1. **Place** spinach in microwave-safe dish; add 3 tablespoons water.
2. **Cover** and microwave on high for 3 minutes. Cool, drain and squeeze dry.
3. **Chop** into small pieces.
4. **Mix** salad dressing and spinach in small bowl.

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Nutrition Information Per Serving:

Calories	127	Protein	<1 gram
Total fat	8 grams	Vitamin A	1123 International Units
Saturated fat	1 gram	Vitamin C	5 milligrams
Cholesterol	3 milligrams	Calcium	17 milligrams
Sodium	495 milligrams	Iron	1.5 milligram
Carbohydrate	12 grams	Potassium	129 milligrams
Dietary fiber	3 grams	Folate	0 micrograms

Pineapple Salsa Dip

Makes 8 servings
1/4 cup per serving

Ingredients

2 cans (8 oz. each) DOLE® Crushed Pineapple, drained
1 cup thick and chunky salsa
1 tablespoon packed brown sugar
1 teaspoon grated fresh ginger root **OR**
½ teaspoon ground ginger

Instructions

1. **Combine** all ingredients in small bowl.

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Nutrition Information Per Serving:

Calories	35	Protein	<1 gram
Total fat	0 grams	Vitamin A	122 International Units
Saturated fat	0 grams	Vitamin C	6 milligrams
Cholesterol	0 milligrams	Calcium	12 milligrams
Sodium	71 milligrams	Iron	0.3 milligram
Carbohydrate	9 grams	Potassium	89 milligrams
Dietary fiber	0.6 gram	Folate	5 micrograms

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