Creamy Dill Dip

Ingredients:
- 8 ounces nonfat sour cream
- 6 ounces nonfat yogurt, plain
- 2 tablespoons dill weed

Equipment:
- Medium bowl
- Large spoon

Directions
1. Put the sour cream, yogurt, and dill in a medium bowl.
2. Stir together.
3. Serve with cucumber slices.
4. If you want a creamy salad dressing, add a few tablespoons of water to the dip.

Number of Servings: 16
Preparation Time: 5 minutes
Total time: 5 minutes

Nutrition Facts
Serving Size: 2 tablespoons
Servings: 16

- Calories: 15
- Calories from Fat: 0%
- Total Fat: 0g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 18mg
- Total Carbohydrate: 3g
- Dietary Fiber: 3g
- Protein: 2g
- Vitamin A: 4%
- Vitamin C: 1%
- Iron: 1%
- Calcium: 5%

*Percent Daily Values are based on a 2,000 calorie diet.