

LIGHT BLT DIP

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 20 (Serving= 1/4 cup)

Nutrition (per serving)

Calories: 60

Total Fat: 5 g

Saturated Fat: 1 g

Sodium: 194 mg

Total Carbohydrate: 2 g

Dietary Fiber: 0 g

Protein: 2 g



Ingredients

- 9 strips extra lean turkey bacon, cooked crisp and chopped
- 2 small tomatoes, diced
- 1 cup light mayonnaise
- 1 cup light sour cream
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

Directions

1. Mix all ingredients together in a medium bowl.
2. Refrigerate for 1 hour before serving.
3. Serve with whole grain or gluten free crackers or veggies.



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