

CREAMY ORANGE DIP WITH JICAMA

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

Serves: 2 Tablespoons

Nutrition (per serving)

Calories: 40

Total Fat: 2.5 g

Saturated Fat: 0.5 g

Total Carbohydrate: 3 g

Dietary Fiber: 0 g

Protein: 0 g

Ingredients

1/3 cup Miracle Whip Light Salad Dressing

1/2 cup light sour cream

2.5 Tbsp Splenda

1 tsp orange juice

1 tsp orange zest

Directions

Mix all ingredients. Refrigerate. Makes 1 ½ cups. Serve with Jicama sticks for dipping and other raw vegetables or fruit. Hint...Jicama can be found in the produce section of the grocery store. Peel it as you would a potato, and cut into sticks.



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