



The

PTI BUZZ

Carol Kur, MSRD

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Are You a Dipper?

If you like me and you love to dip your veggies or pretzels then you need some healthy options for dunking. Here are few that won't **dip** the scale in the wrong direction.

Hummus

Natural Peanut Butter

Unsweetened Apple Sauce with cinnamon

Black Bean Dip

Plain Yogurt with garlic powder and chives

Salsa

Tzatziki (yogurt and cucumber dip)



Tidy up the backyard for 25 minutes and burn 100 calories!!!!



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