

NUTRITIOUS AND DELICIOUS DIPPING SAUCES

Snacks with Jax

BEAN BASED DIPS

(ADD PROTEIN, IRON, & HEALTHY FAT*)

Hummus*

Creamy Red Pepper Hummus*

Double Chocolate Hummus*

Purple Carrot Hummus

Beet Hummus*

Black Eyed Pea Hummus*

Cauliflower Hummus*

Roasted Sweet Potato Hummus*

Black Bean

White Bean Dip

Spinach White Bean Dip

Roasted Carrot Garlic White Bean Dip

Edamame Dip

Cilantro Lime Edamame Dip *

Edamame Hummus*

*using tahini (from sesame seeds) will add healthy fat

TOMATO BASED DIPS

(ADD VITAMIN C)

Marinara Sauce

Lentil Marinara Sauce

Unsweetened Ketchup

No-Sugar Added BBQ Sauce

Mild (no spice) Salsa

AVOCADO BASED DIPS

(ADD HEALTHY FAT, POTASSIUM, AND VITAMINS)

Plain mashed avocado

Guacamole

Avocado Hummus

Avocado Yogurt Dip

YOGURT BASED DIPS

(ADD HEALTHY FAT, CALCIUM, VITAMIN D, & PROTEIN)

Plain Whole Milk Yogurt

Plain Whole Milk Greek Yogurt

Greek Yogurt Ranch Dip

Greek Yogurt Honey Mustard Dip

Tzatziki Sauce

Savory Greek Yogurt Mix-ins:

- Basil
- Dill
- Diced Cucumber
- Diced Tomatoes
- Oregano
- Rosemary
- Parsley
- Cumin
- Thyme
- Lemon Juice
- Lime Juice
- Turmeric

Naturally Sweetened Plain Yogurt Mix-ins:

- add unsweetened applesauce
- add mashed or pureed foods (banana, berries, sweet potatoes, mango, pumpkin, dates, prunes)
- add unsweetened dried or freeze dried fruits
- add unsweetened extracts (vanilla, peppermint, orange, almond)
- add spices (cinnamon, pumpkin spice)