



Heart-Healthy & Kidney-Friendly
Creamy Veggie Dip

Makes 4 servings

**1 cup non-fat
Greek yogurt, plain**

1/2 tsp garlic powder

1/2 tsp onion powder

1/4 tsp dried dill

1/8 tsp black pepper

1/4 tsp dried parsley

1/2 tsp dried basil

**Raw carrots, peppers
and celery for dipping**

Combine all ingredients in a bowl.

Mix together until well combined.

Serve with raw carrots, peppers and celery for dipping.

Enjoy!

Nutrition Facts Per Serving 1/4 cup	Calories	36
	Carbohydrates	2 g
	Protein	6 g
	Total Fat	0 g
	Phosphorus	82 mg
	Potassium	86 mg
	Sodium	22 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.