



December Nutrition Education

- **December 11th - Food Sampling 9am- noon**
- **December 13th - Food Sampling 1pm-3pm**
- **December 18th - Food Sampling 1pm-3pm**
- **December 20th - Food Sampling 1pm-3pm**

Caramel Apple Dip

Pair this dip with your favorite fruits and snacks. We suggest green apples and pretzels.

TOTAL TIME: 10 min.

YIELD: 12 servings (2 tbsp each)

Ingredients:

- 1 8-ounce package cream cheese, softened
- ½ cup packed brown sugar
- ½ tsp vanilla
- Crushed peanuts (optional)

Directions:

1. Beat cream cheese in small bowl with electric mixer until creamy.
2. Add sugar and vanilla; mix well.
3. Top with crushed peanuts if desired.

Veggie Dip

This dip can be made with either fresh or dried herbs and minced onion. For a healthier version, try using plain Greek yogurt in place of sour cream.

Ingredients:

- 1 cup sour cream
- 1 cup mayonnaise
- 2 tsp minced onion
- 2 tsp chopped parsley
- 2 tsp chopped dill
- 2 tsp seasoned salt

Directions:

1. Mix all ingredients in a small bowl.
2. Cover and chill until ready to serve.

TOTAL TIME: 10 min.

YIELD: About 2 cups

For more information, contact:

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Fish is a good source of protein and contains many vitamins and minerals. Some types of fish contain high amounts of heart-healthy omega-3 fats. The American Heart Association recommends that people eat fish high in omega-3 fats at least twice a week because these fats may help prevent heart disease. Fatty fish include salmon, lake trout, mackerel, herring, sardines and tuna.