

LIGHT BLT DIP

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

Serves: 20 (Serving= 1/4 cup)

Nutrition (per serving)

Calories: 60	Total Carbohydrate: 2
Total Fat: 5 g	Dietary Fiber: 0 g
Saturated Fat: 1 g	Protein: 2 g
Sodium: 194 mg	

Ingredients

- 9 strips extra lean turkey bacon, cooked crisp and chopped
- 2 small tomatoes, diced
- 1 cup light mayonnaise
- 1 cup light sour cream
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

Directions

1. Mix all ingredients together in a medium bowl.
2. Refrigerate for 1 hour before serving.
3. Serve with whole grain or gluten free crackers or veggies.