

CREAMY ORANGE DIP WITH JICAMA

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

Serves: 2 Tablespoons

Nutrition (per serving)

Calories: 40	Total Carbohydrate: 3
Total Fat: 2.5 g	Dietary Fiber: 0 g
Saturated Fat: 0.5 g	Protein: 0 g

Ingredients

1/3 cup Miracle Whip Light Salad Dressing
1/2 cup light sour cream
2.5 Tbsp Splenda
1 tsp orange juice
1 tsp orange zest

Directions

Mix all ingredients. Refrigerate. Makes 1 ½ cups. Serve with Jicama sticks for dipping and other raw vegetables or fruit. Hint...Jicama can be found in the produce section of the grocery store. Peel it as you would a potato, and cut into sticks.