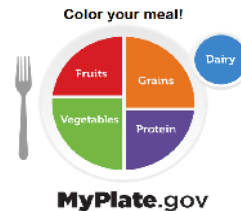




SPRING DIP



Ingredients:

4oz Low-fat Cream Cheese, whipped or softened

1/2 Red Pepper, finely diced

1-4 Tbsp Fresh Herbs, minced

1/2 Carrot, grated

2 Green Onions, finely sliced

1 tsp Lemon or Lime Juice

Directions:

1. Add 4oz Low-fat Cream Cheese to a bowl and whip for 1-2 minutes.
2. Grate carrot, finely dice bell pepper, finely slice green onion, mince herbs, and add to cream cheese with lemon or lime juice.
3. Enjoy as a spread on whole wheat toast, or as a dip with fresh vegetables or whole wheat crackers.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention Gleaners when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

  Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

F.O.R.
Food and Other Resources
HELPLINE




For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

  Operado por el Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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Scan the QR code below for more resources!



linktr.ee/GleanersKitchen

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!