

Take A Dip On The Healthy Side



Chips and dip — it's practically a major food group! But if you're looking for a healthier alternative (one that will still fulfill your munchie craving), skip the store-bought kind and try these easy healthy recipes that are as simple as they are yummy!

Say No to Mayo

Mayonnaise — the real kind made with eggs — is a frequent ingredient in many dips. Next time your dip recipe calls for mayo, substitute it with yogurt and watch the calories go down! Plus, yogurt has been shown to help fight belly fat. Whip up some *tzatziki*, a Greek cucumber-yogurt-lemon dip that's tangy and cool. Instead of reaching for the salty chips, toast some pita bread or bake whole wheat tortillas until crunchy.

New Way To Do Creamy

Cream cheese, all-purpose cream, milk, and butter are sure-fire ways to get that delish, creamy texture. It's also a sure-fire way to pack on the fat and calories. Instead of using all that dairy, use white beans! Mash the white beans for a no-guilt creaminess. Another type of bean that's great for creamy dips is the *garbanzo*. Hummus is one such dip that's made of *garbanzos* and olive oil.

Make It Fresh

Chopped tomatoes, onions, parsley, and squeeze of lemon are all you need to make some healthy salsa. Another fresh dip option is roasted eggplant, garlic, and tomatoes for a simple version of Baba Ghanoush. Of course, there's guacamole made with avocados — a source of good fats that help reduce belly bulge.

Build Better Nachos

There's no denying nachos are better with a meaty dip. Make some [Zesty Nacho Dip](#) — the lycopene in the tomato sauce are packed with antioxidants, while the chili powder helps burn fat.

Don't forget, it's not just the dip that's a calorie and fat trap. Check out your chip choices as well. Look for

baked chips, less salt variants, or chop up some fresh veggies for a healthier dip partner without sacrificing that satisfying crunch. Dip your way to healthy. Your body and your *barkada* will thank you for it later.

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