

### Mango Madness Duo Dipping Sauces

Use 1/8 cup LivSpoon for measuring and serving.

#### Ingredients for Chocolate Mango Dipping Sauce

- 1/2 cup Greek yogurt, plain nonfat (Chobani)
- 1/4 cup Mango, mashed
- 3/4 tbsp honey
- 1/8 cup PB2 Chocolate Peanut Butter Powder
- 1/2 tbsp dark chocolate cocoa (Hershey)
- 1/2 cup ricotta, part skim
- 1/2 banana

#### Ingredients for Vanilla Mango Dipping Sauce

- 1/2 cup Greek yogurt, plain nonfat (Chobani)
- 1/4 cup Mango, mashed
- 1/2 tbsp lemon rind
- 1/2 tbsp lemon juice
- pinch ground cinnamon
- 1/2 tsp honey
- 1/2 tsp vanilla extract

#### Vegetables for Dipping

- 16 jicama, in finger sticks
- 16 celery, in finger sticks
- 16 carrots, in finger sticks
- 16 grape tomatoes, on toothpicks

#### Instructions

1. Place all ingredients of a dip in a blender or food processor. Blend until smooth.
2. Repeat previous step for second dip.
3. Place dips in bowls. Refrigerate until ready to serve.
4. Place bowled dips on a plate or tray surrounded with vegetables. Serve.
  - Sauces can be stored in covered container in the refrigerator for up to a week.
  - To save time, buy pre-cleaned and cut vegetables.



Prep time: **20** minutes  
 Cook time: **0** minutes  
 Ready in: **20** minutes

Course: Appetizer or Snack  
 Serving size: 1/8 cup LivSpoon of both dips;  
 6 vegetable sticks & 2 grape tomatoes  
 Yield: **8** servings  
 Calories: **90** calories per serving

Menu: serve 1/8 cup LivSpoon of each dip and 2 servings of vegetables; 90 calories per person.