

Guiltless 7 Layer Dip

Nutrition Facts:	
Yield	30
Calories	80
Fat	0.5 g
Sodium	25 mg

Code
\$, Q, V, RH, GF



Ingredients Needed:

1 cup guacamole
1 cup salsa
1 cup fat-free plain Greek yogurt
1 ¼ cup refried beans
½ tomato, diced
¼ bunch green onion, sliced
½ cup shredded iceberg lettuce
½ cup low-fat shredded cheese

Recipe Directions:

- Spread lettuce on bottom of dish.
- Layer with refried beans, then guacamole, then yogurt, and then salsa.
- Sprinkle cheese on top.
- Top with tomatoes and onions.
- Serve and Enjoy!