

# 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.