

Earth Day Snack Wrap

This snack idea works well for a “do it yourself” (DIY) bar!

Vegetable ideas:

Green: zucchini, cucumber, lettuce, avocado, chives

Yellow: yellow cherry tomatoes, yellow sweet pepper

Purple: purple cabbage

Orange: shredded carrots, orange sweet pepper strips

Red: radishes, grape tomatoes

Additional ideas: hard-boiled egg slices

Snack Wrap Spread:

2 Tablespoons low-fat, spreadable cream cheese
(room temperature)

2 Tablespoons #StuckAtHomeSNACKS Homerun
Ranch Dressing ep. 1 (recipe below)

1. Wash hands with soap and water.
2. In small bowl, combine cream cheese and ranch dressing until smooth.
3. Store any leftover spread in a labeled & dated covered container in the refrigerator.

Homerun Ranch Dressing:

Makes 25 Servings (serving size = 2 Tablespoons)

1 cup + 2 Tablespoons reduced-fat mayonnaise

¼ cup + 3 Tablespoons plain, non-fat Greek yogurt

¼ cup + 2 Tablespoons low-fat buttermilk



1 teaspoon fresh garlic, minced

½ teaspoon dill weed, dried

¾ teaspoon parsley, dried

1/8 teaspoon white pepper

3 teaspoons fresh lemon juice

1. Wash hands with soap and water.
2. Place buttermilk and mayonnaise in medium bowl. Stir together until smooth.
3. Place Greek yogurt in food processor with garlic, dill, parsley, white pepper and lemon juice and process until completely blended.
4. Add yogurt mixture to mayonnaise mixture and stir until smooth.
5. Store in covered container in refrigerator to allow flavors to combine, and dressing to reach 41 degrees F.