

17 Dipping Sauces for Vegetables

Your free, print-and-stick-on-the-fridge dip guide



Familiar & Reliable

9 crowd-pleasing dips people reach for without a second thought.



Flavor Expansion

8 bolder dips that make the same veggie tray feel brand new.

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RECIPE 1 OF 17

Ranch Dip with Greek Yogurt

FAMILIAR & RELIABLE

Ingredients

- 1 cup plain Greek yogurt
- 1/4 cup mayonnaise
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh parsley, chopped
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp milk, optional, to thin

How to Make It

- 1 Whisk yogurt and mayonnaise together in a bowl until smooth.
- 2 Stir in dill, parsley, garlic powder, onion powder, salt, and pepper.
- 3 Add milk a little at a time if a thinner consistency is needed.
- 4 Chill 15 minutes before serving for best flavor.

SERVE WITH Carrots, celery, bell peppers, cucumber





RECIPE 2 OF 17

Herb Dill Dip

FAMILIAR & RELIABLE

Ingredients

- 1 cup sour cream
- 2 tbsp fresh dill, chopped
- 1 tbsp fresh chives, chopped
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1/4 tsp salt

How to Make It

- 1 Combine sour cream, dill, chives, and garlic in a bowl.
- 2 Stir in lemon juice and salt.
- 3 Mix until fully combined.
- 4 Chill 10 minutes before serving.

SERVE WITH

Cucumber, radishes, snap peas





RECIPE 3 OF 17

Blue Cheese Dipping Sauce

FAMILIAR & RELIABLE

Ingredients

- 1/4 cup milk
- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1/2 cup blue cheese crumbles
- Salt and pepper, to taste

How to Make It

- 1 Whisk milk, mayonnaise, and sour cream together until smooth.
- 2 Stir in garlic and lemon juice.
- 3 Fold in blue cheese crumbles, leaving some texture.
- 4 Season with salt and pepper, then chill before serving.

SERVE WITH Celery, carrots, radishes





RECIPE 4 OF 17

Avocado Dill Dip

FAMILIAR & RELIABLE

Ingredients

- 1 ripe avocado
- 1/2 cup Greek yogurt
- 1 tbsp fresh dill, chopped
- 1/4 tsp celery salt
- 1 tsp lemon juice

How to Make It

- 1 Mash the avocado until smooth in a bowl.
- 2 Stir in Greek yogurt until fully combined.
- 3 Add dill, celery salt, and lemon juice.
- 4 Mix well and serve immediately, or chill up to 1 day.

SERVE WITH

Carrots, bell peppers, cucumber





RECIPE 5 OF 17

5-Minute Avocado Ranch Dip

FAMILIAR & RELIABLE

Ingredients

- 1 ripe avocado
- 1/2 cup Greek yogurt
- 1 tbsp ranch seasoning mix
- 1 tbsp lemon juice
- Water, to thin

How to Make It

- 1 Blend avocado, Greek yogurt, ranch seasoning, and lemon juice until smooth.
- 2 Add water 1 tablespoon at a time to reach desired consistency.
- 3 Taste and adjust seasoning.
- 4 Serve as a dip, or thin further for a dressing.

SERVE WITH

Carrots, celery, cherry tomatoes





RECIPE 6 OF 17

Cucumber Dill Greek Yogurt Dip

FAMILIAR & RELIABLE

Ingredients

- 1 cup Greek yogurt
- 1/2 cup cucumber, grated and drained
- 1 tbsp fresh dill, chopped
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1/4 tsp salt

How to Make It

- 1 Grate the cucumber and squeeze out excess water with a clean towel.
- 2 Combine yogurt, drained cucumber, dill, garlic, lemon juice, and salt.
- 3 Stir until fully combined.
- 4 Chill at least 15 minutes before serving.

SERVE WITH Pita, cucumber, bell pepper





RECIPE 7 OF 17

Honey Mustard Sauce

FAMILIAR & RELIABLE

Ingredients

- 1/2 cup mayonnaise
- 2 tbsp Dijon mustard
- 1 tbsp yellow mustard
- 2 tbsp honey
- 1 tsp white vinegar
- Pinch of paprika
- Salt and pepper, to taste

How to Make It

- 1 Whisk mayonnaise, Dijon mustard, and yellow mustard together.
- 2 Stir in honey and vinegar.
- 3 Add paprika, salt, and pepper.
- 4 Whisk until smooth and chill before serving.

SERVE WITH Bell peppers, carrots, broccoli





RECIPE 8 OF 17

Lemon Aioli

FAMILIAR & RELIABLE

Ingredients

- 1/2 cup mayonnaise
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tbsp fresh parsley, chopped
- Salt, to taste

How to Make It

- 1 Whisk mayonnaise, garlic, and lemon juice together in a bowl.
- 2 Stir in lemon zest and parsley.
- 3 Season with salt to taste.
- 4 Chill 10 minutes before serving to let flavors combine.

SERVE WITH Cucumber, zucchini, bell pepper





RECIPE 9 OF 17

Cheddar Cheese Sauce

FAMILIAR & RELIABLE

Ingredients

- 2 tbsp butter
- 2 tbsp flour
- 1 cup milk
- 1 1/2 cups shredded cheddar cheese
- 1/4 tsp salt
- Pinch of cayenne, optional

How to Make It

- 1 Melt butter in a saucepan over medium heat.
- 2 Whisk in flour and cook 1 minute.
- 3 Slowly whisk in milk and cook until thickened, about 3 minutes.
- 4 Remove from heat, stir in cheddar until melted, and season with salt.

SERVE WITH

Broccoli, cauliflower, baby carrots





RECIPE 10 OF 17

Peanut Dipping Sauce

FLAVOR EXPANSION

Ingredients

- 1/2 cup peanut butter
- 2 tbsp rice vinegar
- 2 tbsp tamari
- 1 tbsp honey
- 3-4 tbsp warm water
- 1 clove garlic, minced
- 1/4 tsp red pepper flakes
- 1 tsp fresh ginger, grated

How to Make It

- 1 Whisk peanut butter, rice vinegar, tamari, and honey together.
- 2 Add warm water 1 tablespoon at a time until smooth and pourable.
- 3 Stir in garlic, red pepper flakes, and ginger.
- 4 Taste and adjust seasoning before serving.

SERVE WITH Bell peppers, snap peas, carrots





RECIPE 11 OF 17

Greek Tzatziki Sauce

FLAVOR EXPANSION

Ingredients

- 1 cup full-fat Greek yogurt
- 1/2 cucumber, grated and drained
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp white vinegar
- 1 tbsp fresh dill, chopped
- 1/4 tsp salt

How to Make It

- 1 Grate the cucumber and squeeze out excess liquid.
- 2 Combine yogurt, cucumber, olive oil, and garlic in a bowl.
- 3 Stir in vinegar, dill, and salt.
- 4 Chill at least 20 minutes before serving.

SERVE WITH

Pita, cucumber, cherry tomatoes





RECIPE 12 OF 17

Jalapeno Pineapple Sauce

FLAVOR EXPANSION

Ingredients

- 1/2 cup mayonnaise or sour cream
- 1/4 cup pineapple, finely chopped
- 1 jalapeno, seeded and minced
- 1 tbsp honey
- 1 tsp lime juice
- Pinch of salt

How to Make It

- 1 Combine mayonnaise, pineapple, and jalapeno in a bowl.
- 2 Stir in honey and lime juice.
- 3 Season with salt to taste.
- 4 Chill 15 minutes to let the flavors meld before serving.

SERVE WITH

Cucumber, jicama, bell pepper





RECIPE 13 OF 17

Cilantro Jalapeno Sauce

FLAVOR EXPANSION

Ingredients

- 1 cup Greek yogurt or sour cream
- 1 cup fresh cilantro, packed
- 1 jalapeno, seeded
- 1 clove garlic
- 1 tbsp lime juice
- 1/4 tsp salt

How to Make It

- 1 Combine all ingredients in a food processor.
- 2 Blend until smooth, scraping down the sides as needed.
- 3 Taste and adjust salt or lime juice.
- 4 Chill before serving, or use immediately.

SERVE WITH Bell pepper, carrots, jicama





RECIPE 14 OF 17

Remoulade Sauce

FLAVOR EXPANSION

Ingredients

- 1 cup mayonnaise
- 1 tbsp Dijon mustard
- 1 tsp sweet paprika
- 1/2 tsp Cajun seasoning
- 1 tbsp pickle juice (or vinegar or lime juice)
- 1 tsp hot sauce, optional

How to Make It

- 1 Whisk mayonnaise and Dijon mustard together in a bowl.
- 2 Stir in paprika and Cajun seasoning.
- 3 Add pickle juice and hot sauce, if using.
- 4 Whisk until smooth and chill before serving.

SERVE WITH

Celery, bell pepper, cherry tomatoes





RECIPE 15 OF 17

5-Minute Cashew Cheese Sauce

FLAVOR EXPANSION

Ingredients

- 1 cup raw cashews, soaked 4+ hours or boiled 10 minutes
- 1/4 cup nutritional yeast
- 1/2 cup water
- 1 tbsp lemon juice
- 1/2 tsp garlic powder
- 1/4 tsp salt

How to Make It

- 1 Drain the soaked cashews.
- 2 Combine cashews, nutritional yeast, water, lemon juice, garlic powder, and salt in a blender.
- 3 Blend until completely smooth, adding more water if needed.
- 4 Taste and adjust seasoning before serving.

SERVE WITH

Broccoli, carrots, cauliflower





RECIPE 16 OF 17

Avocado Lime Green Goddess Sauce

FLAVOR EXPANSION

Ingredients

- 1 ripe avocado
- 1/4 cup fresh herbs (parsley, chives, or basil)
- 2 tbsp lime juice
- 2 tbsp olive oil
- 2 tbsp water
- 1/4 tsp salt

How to Make It

- 1 Combine avocado, herbs, lime juice, and olive oil in a blender.
- 2 Blend until smooth.
- 3 Add water 1 tablespoon at a time to reach a dippable consistency.
- 4 Season with salt and serve immediately.

SERVE WITH

Cucumber, cherry tomatoes, bell pepper





RECIPE 17 OF 17

Skinny Peanut Butter Dip

FLAVOR EXPANSION

Ingredients

- 1 cup nonfat Greek yogurt
- 2 tbsp peanut butter
- 1 tbsp honey or maple syrup
- Pinch of cinnamon, optional

How to Make It

- 1 Whisk Greek yogurt and peanut butter together until smooth.
- 2 Stir in honey or maple syrup.
- 3 Add cinnamon if using.
- 4 Chill or serve immediately with apple slices or celery.

SERVE WITH Apple slices, celery, carrots

