

## **Healthier Chips & Dip**

### **INGREDIENTS:**

- Fat-free sour cream
- 1 pack of onion seasoning

### **DIRECTIONS**

1. Mix fat-free sour cream and onion together
2. Serve at room temperature with Baked Tostitos

**1oz = 23 calories, 0g fat**

### **Baked Tostitos**

Serving Size: 10 chips (1oz)

**Calories: 140**

**Fat: 3g**