



Total Time  
**25 MIN.**

Serving & Size  
**1 OZ (2 TBSP)**

Difficulty  
**EASY**

Low-fat mayonnaise and yogurt combined with V8 V-Fusion and ginger make this dip delicious with fruit or vegetables.

Yields  
**24**


<b>Nutrition Facts</b>	
Serving Size	1 OZ (2 TBSP)
<b>Amount Per Serving</b>	
<b>Calories</b> 58	
<b>% Daily Value</b>	
<b>Total Fat</b> 4.3g	<b>7%</b>
<b>Saturated Fat</b> 1.3g	<b>7%</b>
<b>Cholesterol</b> 7mg	<b>2%</b>
<b>Sodium</b> 128mg	<b>5%</b>
<b>Total Carbohydrate</b> 4.2g	<b>1%</b>
<b>Dietary Fiber</b> 0g	<b>0%</b>
<b>Protein</b> 0.6g	<b>1%</b>
Vitamin A 3%	Vitamin C 2%
Calcium 2%	Iron 0%

<b>INGREDIENTS</b>	<b>WEIGHT</b>	<b>MEASURE</b>
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<b>V8 V-Fusion® Strawberry Banana</b>		2 cups
ginger root, peeled, minced	1 oz.	2 tbsp.
light mayonnaise	11 oz.	1 332/997 cups
light sour cream	11 oz.	1 332/997 cups

**INSTRUCTIONS**

1. In a sauce pan combine juice and ginger and set to boil. Reduce heat and simmer sauce to reduce to 3/4 cup (this will concentrate the flavor). Cool mixture.
2. Combine mayonnaise and sour cream and stir in cooled juice mixture to mix. Cover. CCP: Refrigerate below 40°F at least 2 hours before using.

 **TIP**

Serving Suggestion: Serve 2 Tbsp. dip/sauce with 1 cup of cut up vegetables or fruit. Or use as a dressing for green or pasta salads. Would also work well as a dip for grilled shrimp or mini crab cakes.