



# Dips & Spreads: 45 Gorgeous and Good-for-You Recipes

*Dawn Yanagihara*

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Everyone loves a good dip, but these dips love you back. There's no mayo- and sour cream-laden guilt here! These festive, healthful options are a snap to whip up, travel well, and are sure to be the talk of the party. With inspiration from the Middle East, the Mediterranean, Asia, and the Americas, these 45 go-to recipes featuring root veggies, legumes, pulses, and nuts are guaranteed palate and waistline pleasers.

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