

The Ultimate Clean Layered Mexican Dip

4 Layers of Flavor - With Brand Picks You Can Trust!

Layer 1 - Refried Beans

Look for organic beans with no added oils.

- Eden Organic Refried Pinto Beans
- Amy's Organic Refried Beans

Layer 2 - Full-Fat Sour Cream

Choose plain, full-fat sour cream with just cream & cultures.

- Daisy Brand Sour Cream (Pure & Simple)
- Organic Valley Whole Sour Cream

Protein Boost Option: Fage Total 5% Greek Yogurt (plain, full-fat, gluten-free)

Layer 3 - Salsa

Go fresh or jarred - just check for no added sugar, oils, or preservatives.

- Green Mountain Gringo Salsa
- Fody Foods Medium Salsa (great for sensitive stomachs)
- Fresco Refrigerated Salsa (found in the produce section)

Layer 4 - Cheese

Shred your own from a clean block for fewer additives.

- Organic Valley Raw Sharp Cheddar
- Tillamook Farmstyle Thick Cut Cheese Blocks
- Dairy-Free Option: Miyoko's Vegan Pepper Jack or Cheddar Blocks

Optional Toppings: Diced tomatoes, green onions, jalapenos, olives - all naturally gluten-free and

oil-free!

Bonus Tip: Chips That Keep It Clean

Perfect pairings for your dip that don't wreck your gut:

- Engine 2 Plant-Strong Oil-Free Tortilla Strips
- Food Should Taste Good Baked Blue Corn Chips
- Make Your Own: Cut organic corn tortillas (like Food for Life or Mi Rancho brand - both oil-free & GF) into wedges and bake at 375°F for 10-12 minutes.

Clean party food that actually tastes amazing - no bloating, no brain fog, just flavor-packed fun.

Stay tuned for more healthy & delicious recipes every Sunday!