



Kids Can Cook



Individual 7 Layer Dip Cups

Celebrate Cinco De Mayo with this classic snack.

Ingredients:

1 (16oz) Can of Refried Beans
3 Tablespoons of Milk
1 Cup of Sour Cream
1 Tablespoon of Taco Seasoning
1 Cup of Guacamole
1 Heaping Cup of Salsa
1/2 Cup Shredded Cheese
3 Green onions Sliced
1 Tomato Diced and Drained
Black Olives (optional)
Cilantro (optional)
Tortilla chips
Clear plastic cups



Directions:

1. Place the salsa in a strainer to drain liquid while you are preparing other ingredients.
2. Mix together the beans and milk.
3. Mix together Sour Cream and taco seasoning.

Cup Assembly (layer the following):

1. Tablespoons of the Bean Mixture
2. Tablespoons of Guacamole
3. Tablespoons of the Sour Cream Mixture
4. Tablespoons of Drained Salsa
5. Top with Cheese, tomatoes and green onions and olives/cilantro if desired

<https://bit.ly/2JUykc4>



For more ideas follow us on social media or visit our Wee Talk Blog
<http://www.weewatch.com/wee-talk-blog/>

