

5 Party-Ready Lactose-Free Dips

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Summer is quickly approaching us and whether you're celebrating with BBQs or picnic potlucks, you'll need a snack. From the classics to a few new twists on your favorite appetizers, here are some of our top lactose-free party dip recipes.

[Spinach Artichoke Dip](#)

No party dip list is complete without your classic [spinach artichoke dip](#). Typically not lactose intolerant friendly as it's loaded with cream cheese and sour cream, we made a few swaps to create a rich lactose-free version of this party favorite.

[Sriracha Lime Yogurt Dip](#)

Step up your snack game with this tangy [sriracha lime yogurt dip](#) made in minutes. Our lactose-free yogurt provides a low fat, protein-packed base that's kicked up with just the right amount of heat from sriracha, a splash of lime, and garlic.

[Yogurt Guacamole](#)

This [yogurt guacamole](#) is always a favorite at the appetizer table. The lime juice perfectly balances the richness of the avocados while the whole milk yogurt makes it ultra-creamy and refreshing. Not to mention it doubles the size of your guacamole bowl!

[Smoked Trout Spread](#)

Upgrade any potluck table in minutes with this savory [smoked trout spread](#). It has just five basic, but potentially flavorful ingredients: cream cheese, smoked trout, onion, horseradish and parsley. All together they make a mouthwatering, charming appetizer.

[French Onion Dip](#)

The secret to this [French onion dip](#) recipe is slowly caramelizing the onions with butter and fresh thyme for a deeply aromatic flavor. Our sour cream provides a cool base that blends deliciously with the savory herbs and onions for this creamy dip.