

# 5 Quick and Easy Lactose-Free Dips

April 17, 2020 | Green Valley Creamery

While this year's Summer BBQs and picnics might be quite a bit smaller or virtual, we can still celebrate with our favorite BBQ and picnic snack foods. For us, our favorite snacks definitely include dairy based dips. From the classics to a few new twists on your favorite appetizers, here are some of our top lactose-free dip recipes.

## [Spinach Artichoke Dip](#)

No 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 size snack table in minutes with this savory [smoked trout spread](#). Or if it's just you hanging, go wild and try this one out for a meal. It has just five basic, but potently 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.

