
Weight Watchers Seven Layer Dip

1 cup fat-free sour cream
2 teaspoons taco seasoning
1 cup fat-free refried beans
1/2 cup Wholly Guacamole
1/2 cup reduced-fat Mexican shredded cheese
1 tomato, chopped
1 green onion
2 tablespoons sliced black olives

- ➊ In a small bowl mix together the sour cream and taco seasoning. Set aside for a minute.
- ➋ Use a (dinner) plate or medium bowl to layer the dip.
- ➌ Start with the refried beans. Warm up the refried beans in the microwave for about 20 seconds so they are easier to spread.
- ➍ Spread the guacamole onto the refried beans.
- ➎ Add the sour cream mixture to the guacamole.
- ➏ Sprinkle the Mexican cheese over the sour cream mixture.
- ➐ Add the tomatoes, olives, and green onions.