



Yogurt Ranch Dip

Servings 16 | Prep time 5 mins | Total time 5 mins.

Equipment: Medium bowl

Utensils: Stirring spoon, Measuring cups and spoons

Ingredients

2 cups low-fat plain yogurt

3 teaspoons ranch seasoning powder OR ranch spice mix:

- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon garlic powder or 1 clove garlic, minced
- ½ teaspoon onion powder
- 1 teaspoon dried parsley

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Add yogurt and ranch seasoning to a medium bowl. Mix until well combined.
3. Serve with vegetables or whole wheat crackers.

Nutritional Information:

Calories 20

Total Fat 0.5g

Sodium 95mg

Total Carbs 3g

Protein 2g