



# BUTTERMILK RANCH DIP

SERVES 12

Creamy cool ranch dip makes any snack just a bit yummier! This easy recipe starts with protein rich greek yogurt and adds common spices you likely already have.

## INGREDIENTS

### SPICE BLEND

- 2 tsp dried chives
- 1 tsp dried dill
- 1-2 tsp dried parsley
- 1/2 tsp garlic powder
- 1 tsp dried minced onion (or onion powder)
- salt and pepper to taste

### DIP BASE

- 1/2 c greek yogurt (0% fat)
- 1/2 c light mayonnaise
- 1 Tbsp lemon juice
- 1/2 c buttermilk (1%) (or soured milk)

## DIRECTIONS

Blend all ingredients.

If desired, thin with additional buttermilk adding a tablespoon or two at a time until preferred consistency reached.

Enjoy with your favorite dippers such as veggies, pretzel thins or pita chips.

Store leftovers in the fridge for up to 5 days. Flavours develop as it sits.

**Tip:** Make a batch of the seasoning blend ahead of time by doubling or tripling the measures. Store in a glass jar labeled 'ranch seasoning'. When ready to make the dip use roughly 2 Tbsp of the spice blend added to the dip base.

When fresh herbs are in season use 1.5 Tbsp fresh chives, 1 tbsp each fresh dill & parsley, 1 clove garlic minced, in place of the dried or powdered herbs.

To make soured milk, add one tablespoon of the lemon juice to 1/2 c milk, stir and let stand for 5 minutes

## NUTRITION FACTS

Per serving 35 Calories, 1g Pro, 2g Carbs, 0g Fibre, 2g Fat

