

Homemade Ranch Dip

16 servings

Dairy foods like milk, cheese, and yogurt are rich in calcium, protein, and vitamins to help build strong bones and teeth. Calcium keeps your nerves, heart, and muscles healthy, and may help regulate your blood pressure. Serve this low-fat dip with your favorite raw vegetables.

- 1 cup plain non-fat yogurt
- 1 cup non-fat sour cream
- ¼ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried parsley OR 1 Tablespoon fresh parsley
- 1 teaspoon dried dill OR 1 Tablespoon fresh dill
- ¼ teaspoon pepper

1. Wash hands with soap and water.
2. If using fresh herbs, wash them by gently rubbing them under cold running water. Pat dry with a paper towel, then finely chop.
3. In a medium bowl, combine all the ingredients.
4. Cover and refrigerate until ready to serve.
5. Serve with fresh vegetables.
6. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving: Calories 30, Total Fat 1g, Saturated Fat 0.5g, Cholesterol 5mg, Sodium 25mg, Total Carbohydrates 3g, Fiber 0g, Total Sugars 2g, includes 0g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 0%.