# **Healthier Homemade Ranch**

A healthier spin on an American classic dipping sauce and dressing. In place of heavier base ingredients, we use Greek yogurt to up the protein and nutrition.

Serves 18



# **Nutrition Facts**

Serving Size 2 Tablespoons Servings Per Each Recipe 18

Servings Per Each Recipe 18			
Amount Per Se	rving		
Calories 25	Cal	ories fron	n Fat 10
% Daily Valu			aily Value*
Total Fat 1g		<b>2</b> %	
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 135mg			6%
Total Carbohydrate 1g			0%
Dietary Fiber 0g			0%
Sugars 1g			
Protein 3g			
Vitamin A 0% •		Vitamin 0	0%
Calcium 2%	•	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grat Fat 9 • (	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

# Ingredients

#### **Ranch Spice Mix**

- 6 tablespoons dried minced onions
- 8 teaspoons parsley flakes
- 4 teaspoons salt
- 2 teaspoon garlic powder

\*Note - Spice mix will make about 5 recipes of either dip or dressing.

#### **Base for Dip (Thicker)**

- 2 cups Greek yogurt
- ¼ cup olive oil mayonnaise

#### **Base for Dressing (Thinner)**

- 1½ cups Greek yogurt
- ½ to ¾ cup low-fat milk or buttermilk

## **Directions**

#### **Ranch Spice Mix**

- 1. Measure all spice mix ingredients into small air-tight container.
- 2. Cover and shake to mix.
- 3. Store in spice cabinet for up to 6 months.

### **Base for Dip (Thicker)**

- 1. Measure 2 tablespoons of spice mix into a medium bowl.
- 2. Add Greek yogurt and mayonnaise.
- 3. Mix well and serve chilled with chopped veggies.

### **Base for Dressing (Thinner)**

- Measure 2 tablespoons of spice mix into a medium bowl.
- 2. Add Greek yogurt and ½ cup of the lowfat milk or buttermilk. Add more to reach your desired consistency.

