# healthy ranch dressing

Author: Rachel - Zested Lemon Prep Time: 5 minutes Cook Time: 0 minutes

Total Time: 5 minutes Yield: 1 cup 1x

DESCRIPTION

This healthy ranch dressing recipe is made with Greek yogurt and only takes five minutes to throw together!



INGREDIENTS SCALE

1 cup plain Greek yogurt\*

1 tsp. apple cider vinegar

1 Tbsp. fresh chives chopped (1 tsp. dried)\*\*

1 Tbsp. fresh dill chopped (1 tsp. dried)\*\*

1 Tbsp. fresh parsley chopped (1 tsp. dried)\*\*

1/2 tsp. garlic powder

1/2 tsp. onion powder

1/2 tsp. salt

1/2 tsp. black pepper

2-4 Tbsp. milk (more or less depending in desired thickness)

#### INSTRUCTIONS

<sup>1</sup> Put all ingredients in a food processor and process until well combined.

#### Alternative Method

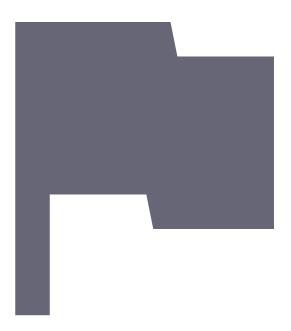
- <sup>1</sup> Mince the fresh herbs. In a small bowl, whisk together all ingredients until well combined.
- <sup>2</sup> Store in a sealed container in the fridge until needed!

### NOTES

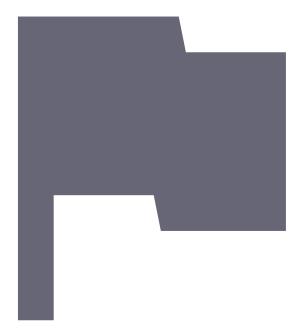
\*Recommend full-fat/ whole milk plain Greek yogurt.

\*\* Use fresh or dried herbs (1/4 cup fresh leaves = 1 Tbsp. fresh chopped = 1 tsp. dried).





Category: Sauce



Method: Assembly

NUTRITION

Serving Size: 2 Tbsp. Calories: 22 Sugar: 2 Sodium: 162 Fat: 1 Carbohydrates: 2 Fiber: 0 Protein: 1

Keywords: healthy ranch dressing

## DID YOU MAKE THIS RECIPE?

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