

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

- 1 Put all ingredients in a food processor and process until well combined.

Alternative Method

- 1 Mince the fresh herbs. In a small bowl, whisk together all ingredients until well combined.
- 2 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).

herb
amount

Parsley

Dill

Chives

**1/4 cup
fresh**



**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?

Tag [@zestedlemon](https://www.instagram.com/zestedlemon) (<https://www.instagram.com/zestedlemon>) on Instagram and hashtag it [#zestedlemon](https://www.instagram.com/explore/tags/zestedlemon) (<https://www.instagram.com/explore/tags/zestedlemon>)

Find it online: <https://www.zestedlemon.com/healthy-ranch-dressing> (<https://www.zestedlemon.com/healthy-ranch-dressing>)