

HOMEMADE GREEK YOGURT RANCH DIP

A creamy, tangy dip made with Greek yogurt and homemade mayo



INSTRUCTIONS

1. Combine the base

- 1 cup plain Greek yogurt (full-fat or 2%)
- 1/2 cup homemade mayonnaise
- 1 to 2 tbsp buttermilk or milk (to adjust thickness)

In a medium bowl, whisk the Greek yogurt and mayonnaise together until smooth. Add the buttermilk a little at a time until you reach your desired dip consistency.

2. Add the herbs and seasonings

- 1 tbsp fresh dill (or 1 tsp dried)
- 1 tbsp fresh chives (or 1 tsp dried)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp black pepper

Stir the dill, chives, garlic powder, onion powder, salt, and pepper into the yogurt mixture until fully combined.

3. Chill and serve

Cover and refrigerate for at least 30 minutes before serving — this gives the flavors time to meld. Taste and adjust salt or herbs if needed.

GREAT WITH THESE RAW VEGGIES

- Cucumber slices
- Cauliflower florets
- Broccoli florets
- Sugar snap or pea pods
- Mushrooms
- Carrot sticks
- Celery sticks
- Bell pepper strips
- Radishes

NUTRITION (per 2 tbsp serving, makes about 12 servings)

- Calories: 80
- Total Fat: 7g
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Protein: 2g

STORAGE

Keep in an airtight container in the fridge for up to 1 week.