



July 30- Homemade Ranch Dressing with Vegetables

Not Smart Snack

Link: No link, CNP recipe

Recipe

Ingredients:

- 1 cup buttermilk
- ½ cup light mayonnaise
- ½ cup plain low-fat yogurt
- 1 ½ teaspoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dill weed
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- Fresh vegetables to dip

Directions:

1. Whisk all ingredients in small bowl until well blended.
2. Refrigerate, covered, at least 1 hour before serving.
3. Makes 1 ½ cups. Serve with fresh cut vegetables.

Yield 8 servings

Nutrition Facts

Serving Size 3 tablespoons (62.35g)
Servings Per Container 8

Amount Per Serving

Calories 60 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 270mg **11%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 2g **4%**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.