

Homemade Ranch Dip with Veggies

Servings: 1/3 cup of dip

RECIPE BOX

INGREDIENTS

1 LB. CONTAINER COTTAGE CHEESE
1/2 CUP SOUR CREAM OR GREEK
YOGURT, PLAIN
1 TBSP DRIED CHIVES
1 TBSP DRIED PARSLEY
1/2 TSP GARLIC POWDER
1/2 TSP ONION POWDER
1/2 TSP BLACK PEPPER
1/2 TSP SEA SALT



DIRECTIONS

STEP 1: Mix all ingredients and serve 1/3 cup with vegetables

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 202, Fat <1g, Carbs 51g, Fiber 15g, Sugars 33g, Protein 6g

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