



## Homemade Ranch Dressing

Makes 6 servings (serving is 2 tablespoons)

- 1/3 cup whole milk yogurt, preferably organic\*
- 1/3 cup mayonnaise, preferably organic\*, avocado or olive oil based 1/3 cup sour cream, preferably organic\*
- 1/2 teaspoon garlic powder or granules
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried parsley OR 1 teaspoon fresh parsley, minced
- 1/2 teaspoon dried dill OR 1 teaspoon fresh dill, minced
- 1/2 teaspoon dried chives OR 1 teaspoon fresh chives, minced
- Salt and pepper to taste

### Directions

Blend all ingredients together with a whisk and store in the refrigerator for up to 2 weeks. Let dressing sit in the refrigerator for several hours before using. The flavors will blend and become stronger with time. Add water or milk to thin the dressing out if it becomes too thick.

\* Organic and Grass Fed Dairy products are preferable because of the better quality of fats and other nutrients found in these foods. These products also do not contain antibiotic or RBGH (growth hormone) residues. Very often, the price of organic products is equal to or less than conventional products. Compare the prices between and within stores.



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### NUTRITION INFORMATION PER 2 TABLESPOONS:

Calories	118
Fat	12g
Carbohydrate	1g
Protein	2g
Sodium	80 mg

Cost per serving: \$ .31 cents