



Healthy Homemade Ranch Dip

Instead of buying a commercial dip or salad dressing, try making this super easy healthy ranch dip instead. It is made of Greek yogurt, so it's higher in protein than a regular dip. It is also full of flavour, especially if you make it a day ahead! Pairs perfectly with veggies for dipping, or on a Cobb salad!

Prep: 3 minutes • Total: 3 minutes

Ingredients:

2% MF Greek yogurt, plain	1 cup	250 mL
Garlic powder	1 tsp	5 mL
Onion powder	1 tsp	5 mL
Dill, dried	¾ tsp	4 mL
Cayenne pepper	¼ tsp	2 mL
Salt	¼ tsp	2 mL
Pepper	¼ tsp	2 mL

Directions:

1. In a small bowl, mix together all of the ingredients.
2. Enjoy as a salad dressing or a dip for your veggies!

Nutrition Facts

Serving Size (39g)

Servings Per Container

Amount Per Serving

Calories 30 **Calories from Fat 5**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 110mg **5%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 6 servings (39 g / serving) • 1 serving = ~ 3 Tbsp

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