

Yogurt Ranch Dip

Chobani Greek Yogurt website



Ingredients:

- 2/3 c Non-Fat Plain Greek Yogurt
- 1-1/3 c low-fat buttermilk
- 2/3 c reduced-fat sour cream
- 2 t finely chopped fresh chives
- 2 t finely chopped dill
- 2 t finely chopped flat-leaf parsley
- 1 t onion powder
- 1 t garlic powder
- 2 t kosher salt
- 1/4 t freshly ground black pepper

Carrot sticks, cauliflower florets, cucumber sticks, cherry tomatoes and zucchini sticks for serving

Directions:

- Mix yogurt, buttermilk and sour cream until smooth.
- Add chives, dill, parsley, onion powder, garlic powder, salt and black pepper and stir until smooth.
- Serve with fresh vegetables.

*Nutritional info: * Calories 60, Calories from Fat 20, Total Fat 2.5g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 5mg, Sodium 410mg, Total Carbohydrate 4g, Dietary Fiber 0g, Sugars 3g, Protein 5g.*

**Estimate Only*