

Greek Yogurt Ranch Dip



A simple and versatile recipe, perfect for enhancing your meals and snacks. Ideal for dipping crackers and raw vegetables, adding to a salad, or using as a sauce for fondue – the possibilities are endless!

Preparation 5 min
Cooking 0 min
Servings 4
Nutrition Facts (per serving)
Calories 80
Fat 5
Carbohydrates 4
Fibre 0
Protein 5
Sodium 135

Ingredients

- 190 ml (¾ cup) of 0% plain Greek yogurt
- 60 ml (¼ cup) of light mayonnaise
- 15 ml (1 tbsp) of dried dill
- 15 ml (1 tbsp) of lemon juice
- 15 ml (1 tbsp) of dried parsley
- 10 ml (2 tsp) of garlic powder

- 5 ml (1 tsp) of maple syrup
- 5 ml (1 tsp) of white wine vinegar

Preparation

1. In a small bowl, mix all the ingredients together.

Notes

Keeps for 5 days in the refrigerator in an airtight container.



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