



GREEK YOGURT RANCH

3/4 cup plain non-fat greek yogurt

1 tbsp dry ranch seasoning (I use Hidden Valley. It is found by the shelf stable dressings in the grocery store)

Mix the ingredients together and presto! You can adjust the ranch seasoning to your preference. The ranch is a thicker consistency, so it's great for dipping vegetables for a healthy snack.

Did you know?

The entire recipe comes to 90 calories and 16 grams of protein. In comparison, 2 tbsp of ready to eat ranch is 90 calories and 14 grams of fat!

Individuals with lactose intolerance better tolerate greek yogurt due to the bacteria digesting the lactose. Lactose is then decreased potentially allowing individuals to consume without discomfort.