



HOMEMADE RANCH DIP

ingredients:

- 1/2 cup low-fat buttermilk
- 1/2 cup fat-free sour cream
- 2 teaspoons dried dill
- 1 tablespoon fresh parsley
- 1 teaspoon dried mustard
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper

directions:

Add ingredients to mixing bowl and stir to combine. Serve immediately or refrigerate until ready to serve.

Yield: 4 servings

Nutrition Information Per Serving:

- 59 Calories
- 1 gram Fat
- 0 grams Saturated Fat
- 5 mg Cholesterol
- 108 mg Sodium
- 9 grams Carbohydrates
- 0 grams Fiber
- 2 grams Protein

Food exchanges:
1/2 dairy



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