



# Ranch Dip

## Ingredients

1 cup	Non-fat plain Greek yogurt
1 tsp	Garlic powder
1 tsp	Dried parsley
1/2 tsp	Onion powder
1/4 tsp	Black pepper
Pinch	Salt

## Directions

1. Add all of the ingredients to a small mixing bowl and stir until well combined.
2. Enjoy with fresh veggies or whole wheat crackers!



## Supplies & Equipment

- Small mixing bowl
- Measuring cups and spoons
- Mixing spoon

\*recipe inspired by Delightful E Made