

# Homemade Ranch Dressing

## INGREDIENTS

- + 1 tbsp dried parsley
- + 2 tsp garlic powder
- + 2 tsp onion powder
- + ¼ tsp ground black pepper
- + 1 tsp salt
- + 1 tbsp fresh chives
- + 1 cup non fat plain greek yogurt
- + ½ cup buttermilk (or substitute skim milk)
- + 1 tsp dijon mustard
- + 1 tsp lemon juice

## DIRECTIONS

- 1 Place the spices (dried parsley → fresh chives) into a food processor and pulse a few times, until the spices have been ground up a bit.
- 2 Scrape down the sides.
- 3 Place the remaining ingredients (Greek yogurt, buttermilk, dijon, and lemon juice) into the food processor and pulse until the ingredients have been fully incorporated.
- 4 Scrape down the sides, if needed, and pulse again.
- 5 Transfer into a sealable container (like a mason jar) and place in the fridge until you're ready to use it.