

# greek yogurt ranch dip or dressing

**MAKES about 1 cup**

**PREP TIME:** 5 minutes

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7 oz Greek yogurt (2% tastes better than fat free)

1-2 tsp fresh chives

1 tsp fresh or dried parsley

¼ tsp garlic powder or 2 fresh cloves, minced

¼ tsp onion powder

2 Tbsp extra virgin olive oil

1-2 tsp fresh lemon juice

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MIX all together.

SERVE with fresh veggies and enjoy!