



Yogurt Ranch Dressing



Nutrition Facts

8 servings per container

Serving size 2 oz (57g)

Amount Per Serving

Calories 40

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 200mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 0.018mg	0%
Potassium 122mg	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients Needed:

- 2 cups Non-Fat Greek Yogurt (plain)
- Veggie Sticks cut into 3" sections
- 1 Ranch Seasoning Packet

Directions:

1. Wash hands with soap and water.
2. Place the 2 cups of non-fat greek yogurt in a mixing bowl.
3. Open and empty the packet of Ranch Seasoning Mix into the mixing bowl and stir thoroughly.
4. Scoop out 1/2 cup of the yogurt ranch dressing into a small bowl.
5. Place choice of veggie sticks vertically inside of the same bowl.
6. Enjoy!

Cook time: 5 mins
Makes: 4 cups