



FIXATE RANCH DRESSING^o

SERVES: 12 (approx. 2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): Free



- 1 cup** reduced-fat (2%) plain Greek yogurt
- ½ cup** low-fat (1%) buttermilk
- 2 tsp.** Dijon mustard
- 1 tsp.** fresh lemon juice
- 1 Tbsp.** finely chopped chives
- ¾ tsp.** garlic powder
- ¾ tsp.** onion powder
- ½ tsp.** sea salt (or Himalayan salt)
- ¼ tsp.** ground black pepper

- 1.** Combine yogurt, buttermilk, mustard, lemon juice, chives, garlic powder, onion powder, salt, and pepper in a medium bowl; whisk to blend and enjoy!

RECIPE NOTE:

- Store in an airtight container in the refrigerator for 4 to 5 days.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 21 Total Fat: 0 g Saturated Fat: 0 g Cholesterol: 2 mg Sodium: 141 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 1 g Protein: 2 g

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.