

# Savoury Ranch Dip



Yield: 1 Cup



## Ingredients:

Greek yogurt, plain .....	1 cup	500 mL
Garlic powder .....	$\frac{3}{4}$ tsp	3.75 mL
Onion powder .....	$\frac{1}{2}$ tsp	2.5 mL
Dried dill .....	$\frac{1}{2}$ tsp	2.5 mL
Salt .....	$\frac{1}{2}$ tsp	2.5 mL
Worcestershire sauce .....	$\frac{1}{4}$ tsp	1.25 mL
Cayenne pepper .....	$\frac{1}{8}$ tsp	.625 mL

## Garnish (optional)

Fresh chives, minced

## Instructions:

1. Add yogurt, garlic powder, onion powder, dill, salt, Worcestershire sauce, and cayenne to a small bowl.
2. Stir to combine.
3. Garnish with fresh chives and serve cold.

## Culinary Notes:

- Use this dip to take in more vegetables. Try with fresh, steamed or roasted vegetables. Carrots, celery, cucumber sticks, broccoli, cauliflower, mushrooms, zucchini, tomatoes, or even sweet potatoes! Consider as a side to a meal or a quick and tasty nourishing snack.