



# Herb Dip

Makes: 675 mL (2 ½ cups)

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	yogurt, plain or Greek style yogurt, plain	750 mL
3 tbsp	choice of dill, mint, or basil, fresh, finely chopped or 1 tbsp (15 mL) dried	45 mL
1 tsp	garlic, minced	5 mL
3 tbsp	onion, chopped finely	45 mL

## Instructions

1. Combine all ingredients and mix well.
2. Refrigerate until ready to use.

<b>Nutrition Information</b>	
Serving 15 g (1 tbsp)	
<b>Calories</b>	10
<b>Fat</b>	0 g
	Saturated 0 g
	+ Trans 0 g
<b>Sodium</b>	10 mg
<b>Carbohydrates</b>	1 g
	Fibre 0 g
	Sugars 1 g
<b>Protein</b>	1 g
Calcium	20 mg
Iron	0 mg

<b>Food Guide Servings</b>
Does not contribute towards Food Guide Servings