



## Ranch Dip

Makes: 675 mL (2 ½ cups)

### Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	yogurt, plain or Greek style yogurt, plain	750 mL
2 tbsp	parsley, fresh, chopped or 2 tsp (10 mL) dried parsley	30 mL
2 tbsp	chives, fresh, chopped or 2 tsp (10 mL) dried chives	30 mL
1 tsp	vinegar	5 mL
½ tsp	paprika	2 mL
1 tsp	garlic, minced	5 mL
½ tsp	sugar	2 mL
Dash	pepper	dash

### Instructions

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

#### Nutrition Information

Serving 15 g (1 tbsp)

**Calories** 10

**Fat** 0 g

Saturated 0 g

+ Trans 0 g

**Sodium** 10 mg

**Carbohydrates** 1 g

Fibre 0 g

Sugars 1 g

**Protein** 1 g

Calcium 20 mg

Iron 0 mg

#### Food Guide Servings

Does not contribute  
towards Food Guide  
Servings