



## RANCH DIP

Prep Time: 15 minutes

Cook Time: 0 minutes

Yield: 1 cup

# RANCH DIP



## • Ingredients •

- 3/4 cup sour cream
- 1/4 cup plain kefir or filmjöl (similar to kefir: Siggi's brand) or whole milk
- 1/2-1 lemon, juiced (based on taste preference)
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp salt, to taste
- 1/4 tsp black pepper

## • To Make •

1. Add the ingredients to a medium-sized bowl. Whisk to combine.
2. Store in the fridge in an air-tight container for up to 7 days.
3. Use as a dressing or dip for veggies, meat, or pita.