

YOGURT RANCH VEGETABLE DIP

INGREDIENTS

cup plain low-fat yogurt
 tablespoons Mayonnaise
 tablespoon dried parsley

 teaspoon dried dill
 teaspoon garlic powder
 teaspoon onion powder
 teaspoon salt

DIRECTIONS

Add all of the ingredients to a small bowl. Mix to combine. Serve with raw vegetables immediately or keep refrigerated in an airtight container for up to 5 days.

