

Ranch Dressing and Dip Mix

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0 points as a dry mix. Makes 1/4 cup

Points vary depending on what you do with it!

- 1 1/2 Tbsp dried parsley
- 1/2 Tbsp salt
- 1/2 Tbsp dried chives
- 1/4 Tbsp dried oregano
- 1/4 Tbsp dried tarragon
- 1/2 Tbsp garlic powder
- 1/2 Tbsp lemon pepper

1. Combine all ingredients. Store in an airtight container.

Ranch Dressing (Makes 1 cup)

1. In a large bowl, mix together 1/4 cup light mayo, 1/4 cup non fat Greek yogurt, 1/2 cup of buttermilk and 1 Tbsp Ranch Mix. Refrigerate for 1 hour.

Points on all 3 plans: 1 Tbsp 0 points; 2 Tbsp 1 point

Ranch Dip (Makes 2 cups)

1. Combine 2 Tbsp mix, 1/2 cup light mayo, 1/2 cup non fat greek yogurt and 1 cup fat free sour cream. Refrigerate for 2 hours before serving.

Points on all 3 plans: 2 Tbsp 1 points; 4 Tbsp 2 points