



## **Greek Yogurt Ranch Dip**

### **Phase 3: Soft/Pureed Foods**

**Equipment:** Small mixing Bowl  
Spoon for mixing

**YIELD:** 6 servings (approximately 2 tablespoons per serving or 1/8 cup)

**NOTE:** Your portion will be when you sense fullness.

<b>Ingredients</b>	<b>Directions</b>
5.3 oz. container low fat or fat-free plain Greek yogurt  1 Tablespoons low fat mayonnaise  1 tablespoon Ranch dip mix powder (use more if you want a stronger taste)	<ul style="list-style-type: none"><li>• Place all ingredients in bowl.</li><li>• Stir until thoroughly mixed.</li></ul>

#### **Nutrition Information For Entire Recipe:**

Calories: 138  
Protein: 15 gr  
Carbohydrates: 10 gr  
Fat: 5 gr

**Great dip for raw veggies or whole grain crackers!**

