



Healthy Greek Yogurt Ranch Dressing



Creamy healthy greek yogurt ranch dressing with ingredients that you can feel good about! This easy homemade ranch dressing will be your new go-to for salads, dips, and more. Skip the bottled

stuff for good and try this amazing, protein-packed option!

Course	Dip, Dressing, Gluten Free, Grain Free, Vegetarian
Cuisine	American
Keyword	easy, greek yogurt ranch dressing, healthy ranch dressing, homemade ranch dressing
Prep Time	10 minutes
Total Time	10 minutes
Servings	4 servings
Calories	19.8kcal
Author	Monique Volz of AmbitiousKitchen.com

Ingredients

- 1/2 cup nonfat plain greek yogurt
- 1 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 1/2 teaspoons fresh lemon juice (or can sub apple cider vinegar)
- 1/2 teaspoon dried dill or fresh chopped chives
- 1/4 teaspoon salt, plus more to taste
- 2 tablespoons water to thin dressing
- Optional: 1/4 teaspoon honey

Instructions

1. Add all ingredients to a bowl or a mason jar and mix until well combined. If using a mason jar, you can simply put the lid on and shake the jar until well combined.
Dressing serves 4, 2 tablespoons each.

Notes

This dressing will stay good in an airtight container or mason jar for up to 1 week.

Nutrition

Serving: 2tablespoons | Calories: 19.8kcal | Carbohydrates: 2.1g | Protein: 2.7g | Fat: 0.11g |
Fiber: 0.1g | Sugar: 1.2g