



Veggie Sticks with Ranch Yogurt Dip

Ingredients

- 1 cup (8 oz.) Greek yogurt, low-fat, plain
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. dill weed, dried
- 1/2 Tbsp. parsley, finely chopped
- 1/2 Tbsp. green onions, finely chopped
- 1 tsp. lemon juice
- 1/8 tsp. black pepper, ground
- 1/2 tsp. salt
- 2 Tbsp. low-fat milk

Vegetables for Serving

Slice vegetables into sticks for serving with dip including - orange, yellow and red bell peppers, carrots, cucumber and celery. Red cherry tomatoes will also be a delicious addition.

Instructions

- Place all ingredients except milk into a medium mixing bowl
- Mix with spoon until smooth and blended together
- Add 1 Tbsp. milk at a time, thoroughly mixing after each addition of milk until desired consistency
- Place 1/4 cup dip into clear serving cup
- Place a variety of colored vegetable sticks into cup
- Serve and enjoy a healthy and delicious snack!

