

Ranch Greek Yogurt Dip [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]

This recipe makes approximately 4 servings and tastes similar to ranch dressing. You can serve it with celery and carrot sticks.

Using Greek yogurt as a base for dip is an easy way to boost your snack's nutrients. In particular, Greek yogurt dips are much higher in protein than those made with sour cream. Eating protein-rich foods has been shown to help boost fullness and metabolism, which may aid weight loss.

Ingredients:

- 1 cup (225 grams) of plain Greek yogurt
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of onion powder
- 1/2 teaspoon of dried dill
- 1/2 teaspoon of dried parsley
- salt to taste

Directions: Whisk the Greek yogurt, garlic powder, onion powder, dill, and parsley in a small bowl. Taste, add salt as desired, and enjoy.

NUTRIENTS PER SERVING: Calories: 48 Protein: 5 grams Carbs: 2.5 grams Fat: 2 grams