

RANCH DIPPING SAUCE



Recipe developed by Joanna Hanson

	Ingredients	Exchanges
Protein	12.7g Stonyfield Organic® plain whole milk yogurt	0.7
	15g Breakstone's® sour cream	0.5 (-2g)
Fat	28g mayonnaise	6
Other	salt, pepper, onion powder, dill	

DIRECTIONS

- In a small bowl, stir together the mayonnaise, sour cream, and yogurt.
- Season to taste with salt, pepper, onion powder, and dill.
- Serve chilled.