

Herb Yogurt Dip

Serves: 5 | Serving size: 3 Tablespoons

Ingredients Needed:

- 1 cup plain nonfat Greek yogurt or dairy-free yogurt alternative
- 2 tablespoons light mayo
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried dill or 1 tablespoon fresh dill
- ¼ teaspoon salt
- 1 teaspoon lemon or lime juice
- Optional: add 1 teaspoon dried or 1 tablespoon fresh thyme, chives, or parsley

Directions:

1. Add all ingredients to a bowl and mix together.
2. Try dip and adjust seasoning based on flavor preference.

Notes:

- Greek yogurt can be substituted with plain yogurt.
- Serve with raw vegetables.
- Swap out seasonings if you prefer different flavors.