



EAT YOUR BEST.
LESS SALT.
MORE PLANTS.

CHIPOTLE BUTTERMILK RANCH DRESSING

INGREDIENTS

- 1/2 cup plain low-fat Greek yogurt
- 1/2 cup sour cream, low-fat
- 1/2 tbsp roasted chipotles
- 1/2 cup low-fat buttermilk
- 3 tbsp lime juice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp fresh dill, chopped
- 1 tsp fresh chives, chopped
- Kosher Salt (optional)

METHOD

- 1 Blend yogurt, sour cream, buttermilk, lime juice and chipotles. Add spices and blend again, fold in herbs.
- 2 Taste the dressing before adding any salt. Add a little at a time if needed, tasting before adding more.

*Serving Size 30g (2 tbsp)

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NUTRITION FACTS: **Calories 20** **Total Fat 1g** **Sodium 35mg** **Fiber 0g** **Protein 2g**