



Ranchy Dip

8 Servings • 1 Serving = 2 Tablespoons

Tips on Greek Yogurt



How To Store

Store yogurt inside the refrigerator, not in the door, tightly sealed.



How To Use

Top with fruit & granola or add it to tuna & sauces.



Health Benefits

Promotes strong bones, builds immunity & reduces the risk of some cancers.

INGREDIENTS

- 1 cup plain low-fat or nonfat Greek Yogurt
- 1 lemon (juiced)
- 2 tbsp dried parsley
- 2 tbsp dried chives
- 1 teaspoon dried dill
- ¼ teaspoon salt

DIRECTIONS

- Combine all ingredients in bowl and stir well.
- Cover and store in the refrigerator for a least 30 minutes before serving.

Nutrition Facts

8 servings per container

Serving size 2 tbsp (41g)

Amount per serving

Calories 20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 36mg 2%

Iron 0mg 0%

Potassium 47mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Dip Estilo Rancho

8 Porcionnes • 1 Porción = 2 Cucharadas

Consejos Sobre el Yogur Griego



Cómo almacenar

Guarda el yogur dentro del refrigerador, no en la puerta, bien cerrado.



Cómo Utilizar

Agréglele fruta y granola por encima o mézclalo con atún y salsas.



Beneficios de la Salud

Favorece huesos fuertes, refuerza el sistema inmunológico y reduce el riesgo de algunos tipos de cáncer.

INGREDIENTES

- 1 taza de yogur griego natural bajo en grasa o sin grasa
- 1 limón (su jugo)
- 2 cucharadas de perejil seco
- 2 cucharadas de cebollín seco
- 1 cucharadita de eneldo seco
- ¼ de cucharadita de sal

DIRECCIONES

- Mezcla todos los ingredientes en un tazón y revuelve bien.
- Cubre y guarda en el refrigerador por al menos 30 minutos antes de servir.

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