

## Ranch Dip

Makes 8 -2 T servings

1 T ranch dip powder  
2/3 cup plain nonfat yogurt  
1/4 cup skim milk  
1.5 T mayonnaise  
Other spices as desired



Combine all ingredients and refrigerate for at least 15 minutes.

Nutrition information per serving (2T): 35 calories, 1g fat, 1g protein,  
105 mg sodium.

