



sunsetgourmet.ca



PROTEIN PACKED RANCH DIP

$\frac{3}{4}$ cup Greek yogurt

$\frac{3}{4}$ cup cottage cheese

1 Tbsp. mayonnaise

Juice of $\frac{1}{2}$ lemon

3 Tbsp. **Creamy Ranch Dip Mix**

Combine all ingredients in a blender; blend until smooth. Refrigerate for 30 minutes to allow the flavours to fully blend.



• **Creamy Ranch Dip Mix**