

Low Fat Ranch Dip for the Holiday

Veggies to the rescue when the holiday get too calorie laden. Try this great tasting dip to make vegetables a favorite on your list.

1 15.5 oz container T. Marzetti's Lite Ranch Veggie Dip
2 8 oz containers Dannon's fat free plain yogurt

Mix ingredients well. Refrigerate at least 4 hours before serving.

Serving size: 4 Tbsp., Calories 96, Fat 6.4 g, Carb 6.6 g,
Protein 2.3 g

Compare with regular Ranch Dip:

4 Tbsp, Calories 120, Fat 9 g, Carb 6 g, Protein 2 g

