

Avocado Greek Yogurt Ranch Dip

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-ranch-veggie-dip-recipe>

Ingredients:

- 1 cup plain greek yogurt fat free
- 1 avocado large ripe, peeled and pitted
- 1 1/2 tablespoons fresh lime juice
- ranch
- 3/4 ounce greek yogurt

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 5 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 5 milligrams
8. Sugar: 1 grams

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