

Greek Yogurt Vegetable Dip

Yield: 4 min
Total Time: 5 min

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

Ingredients:

- 3/4 cup greek yogurt
- 1/4 cup buttermilk
- 1 1/2 teaspoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 tablespoons chives chopped, fresh or dried
- 1/2 teaspoon dill weed fresh or dried
- 1/2 teaspoon chopped parsley fresh or dried
- 1/4 teaspoon sea salt
- 1/4 teaspoon fresh ground black pepper

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 180 milligrams
8. Sugar: 3 grams

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