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Buttermilk Ranch Dip

Makes 6 servings. Recipe adapted from AARP.

Ingredients

1/2 cup nonfat buttermilk (see Tip)
1/3 cup low-fat mayonnaise
2 tablespoons minced fresh dill or 2 teaspoons dried
1 tablespoon lemon juice
1 teaspoon Dijon mustard
1 teaspoon honey
1/2 teaspoon garlic powder
1/8 teaspoon salt
6 cups vegetables, such as baby carrots, sliced red bell peppers, snap peas, broccoli and cauliflower florets, cucumbers, celery and grape tomatoes

Nutritional info per serving

Calories:	62
Total fat:	1g
Cholesterol:	0mg
Sodium:	224mg
Total Carbs:	11g
Dietary Fiber:	2g
Protein:	34g
Potassium:	201mg

Directions

1. Whisk buttermilk, mayonnaise, dill, lemon juice, mustard, honey, garlic powder and salt in a medium bowl until combined.
2. Serve the dip with vegetables of your choice.
3. Cover and refrigerate the dip for up to 3 days.

Tips

No buttermilk? You can use buttermilk powder prepared according to package directions. Or make “sour milk”: mix 1 tablespoon lemon juice or vinegar to 1 cup milk.