

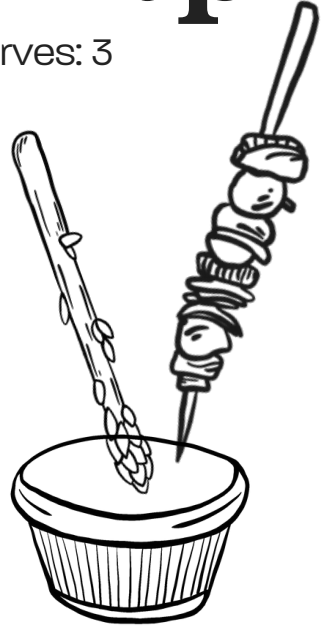


Yogurt Dip

Prep Time: 10 Min Serves: 3

Ingredients:

- $\frac{3}{4}$ cup plain Greek yogurt
- 1 Tbsp fresh parsley (or $\frac{1}{2}$ tsp dried)
- 2 tsp fresh dill (or $\frac{1}{2}$ tsp dried)
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- 1 Tbsp fresh chives (or $\frac{1}{2}$ tsp dried)
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- 1 Tbsp water (optional)



Instructions:

1. Finely chop fresh herbs with scissors.
 2. In a bowl, combine Greek yogurt, herbs, and seasonings.
 3. Add water if you want a thinner dip, and stir well.
- Note:** If you are using dried herbs, letting the dip sit in the refrigerator for an hour or so will help the flavors develop.

Use as a dip for fresh veggies, and whole grain crackers or as a salad dressing!