



Nourish Recipe

Better Ranch Dressing

Servings: 16

What you'll need



measuring
spoons



measuring
cups



blender

Nutrition Facts

Servings 16

Amount Per Serving

Calories 58

% Daily Value

Total Fat 1.9g 2%

Saturated Fat 0.4g 2%

Cholesterol 3mg 1%

Sodium 148mg 6%

Total Carbohydrate 5.2g 2%

Dietary Fiber 0.2g 1%

Sugars 3.2g

Protein 4.7g

Vitamin D 0mcg 1%

Calcium 85mg 7%

Iron 0mg 1%

Potassium 112mg 2%



Ingredients

- 1/3 cup light mayonnaise
- 1/3 cup Greek yogurt, plain
- 1/2 cup buttermilk
- 1 1/2 Tbsp red wine vinegar
- 1/8 tsp cayenne pepper
- 1/2 cup fresh kale, chopped
- 1/2 cup fresh spinach, chopped
- 1/4 cup carrots, chopped
- 1 tsp red onion, chopped
- 1/2 tsp garlic, minced
- 1 Tbsp roasted red peppers
- 1 Tbsp celery, chopped
- 1/2 tsp kosher salt
- 1/2 tsp pepper
- 4 leaves fresh basil, chopped
- 1 Tbsp fresh parsley, chopped

Instructions

1. Add all ingredients to blender and blend until smooth.



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