

# LEAN BODY®



## Ranch Dressing or Dip

### HOW TO MAKE IT

1. Combine all of your ingredients together in a bowl
2. Mix everything together until smooth

### INGREDIENTS

- 16 Ounces Fat Free Sour Cream or Greek Yogurt
- 1/2 Teaspoon Dill Weed
- A little Black Pepper
- 1/2 (14g) Ranch Dressing Packet
- 1/2 Cup-1 Cup (4-8 Ounces) **Lean Body Vanilla RTD**
- 1/4 Teaspoon Xanthan Gum

### NUTRITION

#### Whole Recipe

Makes: 1 Recipe

Calories: 428

Fat: 4g

Saturated Fat: 0g

Sodium: 902mg

Carbs: 34g

Fiber: 2g

Sugar: 12g

Protein: 64g

### TIPS

Use MORE (around 8 ounces) RTD for a dressing mix and LESS (around 4 ounces) for a dip mix!

Serving size is YOUR choice, just remember the total calories for the whole recipe and portion accordingly!

