

# GREEK YOGURT HERB DIP

## NUTRITION FACTS

Serving Size: 1/2 Cup

Calories: 48 | Carbohydrates: 5g | Protein: 8g | Total Fat: 0g | Saturated Fat: 0g | Sodium: 152mg (varies) | Fiber: 1g

## INGREDIENTS

- 2 cups Plain non-fat Greek yogurt
- 2-3 Tbsp Minced scallions (white and light green parts)
- 2-3 Tbsp Minced fresh dill
- 4-6 Tbsp Minced fresh parsley
- 2-3 tsp Apple cider vinegar
- 2-3 tsp Fresh lemon juice
- Salt and pepper to taste

## DIRECTIONS

1. Wash and dry all fresh ingredients.
2. Chop all the herbs and cut lemon wedges.
3. Add yogurt to a mixing bowl.
4. Add liquids (lemon juice and apple cider vinegar).
5. Add minced herbs, salt, and pepper.
6. Add more herbs as needed. Allow to refrigerate before serving.
7. Enjoy with fresh vegetables, whole grain crackers, or pita bread.

## NOTES

Inspired by: [www.thekitchn.com](http://www.thekitchn.com)





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