

Low-fat Buttermilk Ranch Dressing

Gina's Weight Watcher Recipes

Servings: 13 • **Size:** 1/4 cup • **Points +:** 1 pt • **Smart Points:** 2

Calories: 52.3 • **Fat:** 2.0 g • **Carbs:** 5.5 g • **Fiber:** 0.0 g • **Protein:** 3.4 g • **Sugar:** 3.7 g

Sodium: 288.8 mg

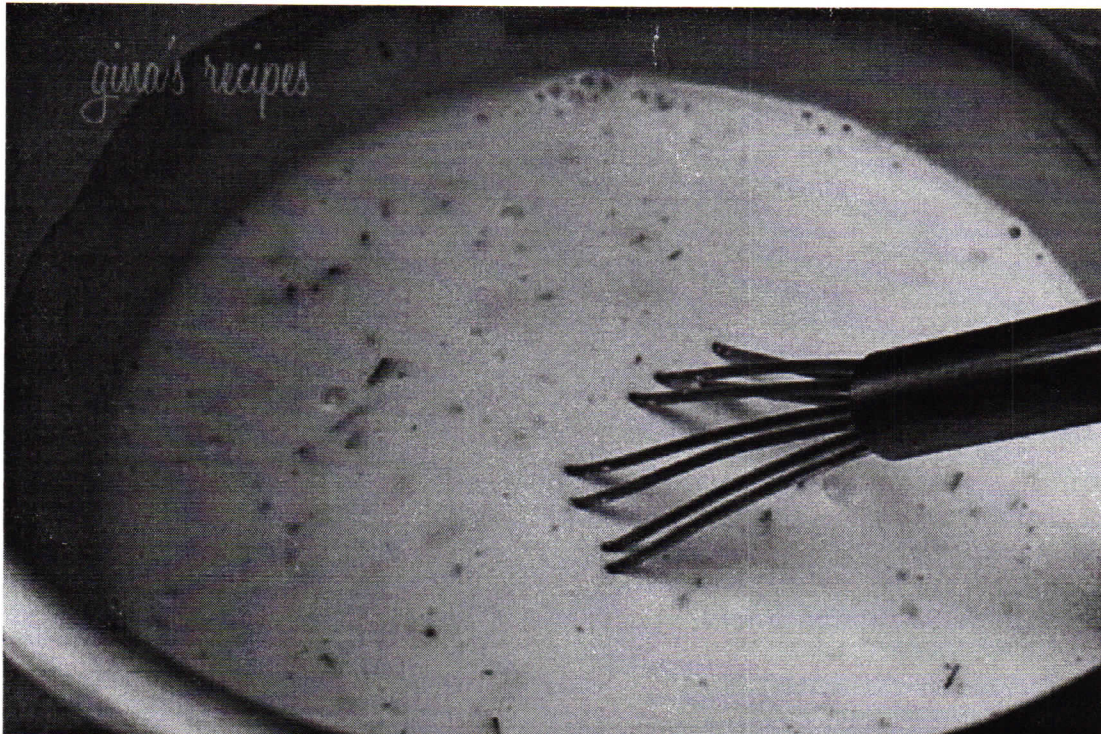
Ingredients:

- 3/4 cup fat free sour cream
- 3/4 cup fat free Greek yogurt
- 1/3 cup Hellman's light mayonnaise
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp chopped fresh chives
- 1 tbsp chopped fresh parsley
- 1 tsp salt + *more 1-2 tsp. more or garlic salt*
- freshly ground pepper
- 1-2 tbsp white balsamic vinegar
- 2 cups 1% low fat buttermilk

Directions:

In a small bowl or large measuring cup, **combine** the sour cream, yogurt, mayonnaise, garlic, powder, onion powder, parsley, chives, salt, and cracked pepper. **Mix** well.

Stir in the white balsamic vinegar; then buttermilk.



Adjust the seasonings to taste, **adding** another tablespoon of balsamic vinegar if desired. The flavors will