

# Healthy Greek Yogurt Dill Dip



# HEALTHY GREEK YOGURT DILL DIP

Prep Time: 5 minutes

Cook Time: 5 minutes

Serving Size: 1 cup

## INGREDIENTS

- 1 cup plain fat free Greek yogurt (can sub a higher fat Greek yogurt for a richer taste)
- ½ lemon, juiced
- ½ tsp sea salt
- ½ tsp black pepper
- 1 tsp dried dill (or sub 1 tablespoon fresh chopped dill)
- ½ tsp onion powder
- ½ tsp garlic powder

## DIRECTIONS

1. Add all of the ingredients to a small mixing bowl. Stir until well combined, taste and adjust seasoning as needed.
2. Serve immediately with any type of fresh cut veggies or as a dip.
3. Store in the fridge in an airtight container for up to 1 week.

### Healthy Tip

This recipe is fat free,  
and packed with  
protein and  
probiotics



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