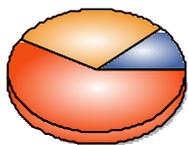


## Ranch dressing (Homemade)

Comment: 1 serving = 4 tbsp

Recipe grams: 373.22g/13.2oz

Serves 9 41.47g/1.5oz per serving



Protein: 12%  
Carbohydrates: 29%  
Fat: 59%

### INGREDIENTS

1 clove GARLIC, RAW  
1 cup MILK, COW'S, 1% BUTTERFAT, VIT-A, fluid  
1 tsp LEMON JUICE, canned or bottled  
1/4 cup MAYONNAISE, LIGHT  
3 tbsp SOUR CREAM, LIGHT  
2 tbsp ONION FLAKES, DEHYDRATED  
2 tbsp PARSLEY, DRIED  
2 tbsp CHIVES, FREEZE DRIED  
2 tsp PEPPER, BLACK, GROUND  
1 tbsp Flax seed, Ground

### DIRECTIONS

In a food processor or magic bullet, pulse the garlic until well chopped. Then add milk and lemon juice. Stir to combine and let stand for 10 to 15 minutes (The mixture will begin to curdle). Milk and lemon juice is the basic recipe for buttermilk. If you are one to have buttermilk in the fridge, then use 1 cup buttermilk, but for those who don't use buttermilk on a regular basis, this is a good substitute.

Then add the remaining ingredients to the food processor or bullet. Pulse.

Note: Using dried spices give the salad dressing a milder taste than if you used fresh ingredients. If you want a stronger ranch flavour, use all fresh herbs and onion (not flakes).

If you like a thin salad dressing, you can stop here. Transfer your dressing to a mason jar and you are done.  
If you like a thick salad dressing, continue reading.

Thickener: Add 1 tbsp of ground flax seed. More is not better Ground flax works by becoming a gel when it gets wet. So it is a great flavourless thickener, but too much can be gross.

So add 1 tbsp of ground flax to your salad dressing, pulse for a quick 2-3 seconds and then wait about a minute, and your salad dressing will thicken up.

Enjoy!

### Nutrition Facts

Serving Size: 1 serving (41.5g)

Servings: 1

#### Amount Per Serving

Calories 50      Calories from Fat 30

% Daily Value\*

**Total Fat** 3.5g      **5%**

Saturated Fat 1g      **4%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 65mg      **3%**

**Total Carbohydrate** 4g      **1%**

Dietary Fiber less than 1g      **2%**

Sugars 2g

**Protein** 2g

Vitamin A 2%      •      Vitamin C 2%

Calcium 6%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.