

Light+ sour cream ranch-style Dip

- 1 C LIGHT SOUR CREAM (OR A SOY YOGURT)
- ½ TSP OF GARLIC POWDER
- ½ TSP OF MINCED GARLIC
- ½ TSP OF ONION POWDER
- 1 TBSP OF PARSLEY (DRIED)
- 1 TSP OF BASIL (DRIED)
- ½ TSP OF DILL WEED
- ½-¾ TSP OF IODIZED SALT (GOOD FOR THE THYROID)
- ¼ TSP BLACK PEPPER

MIX ALL THE INGREDIENTS IN A CONTAINER (BALL JAR WORKS GREAT!). TASTES BEST WHEN LEFT TO SIT FOR 30 MINUTES IN THE REFRIGERATOR. BUT IT CAN BE EATEN RIGHT AWAY.

IT'S NOT
JUST A VIRUS

i+sno+just+a+virus.com