FROM THE KITCHEN OF REAL FOOD 4 KIDS



# ranch dressing

#### **SERVINGS**

nearly 2 cups

#### TIME

15 minutes

## INGREDIENTS

- <sup>3</sup>/<sub>4</sub> cup buttermilk (or plain yogurt)
- ½ cup mayo
- ½ cup sour cream
- 2 tablespoons white vinegar
- 1 tablespoon chives
- 1 tablespoon parsley
- 1 ½ teaspoon salt
- <sup>1</sup>/<sub>2</sub> teaspoon garlic powder
- <sup>1</sup>/<sub>2</sub> teaspoon onion powder
- <sup>1</sup>/<sub>2</sub> teaspoon pepper

## DIRECTIONS

- Measure out all ingredients into a medium sized bowl and whisk to combine. Use a spatula to scrape down the sides of the bowl.
- If possible, refrigerate for one hour to let flavors combine.
- Store in a jar in the fridge.

#### **EQUIPMENT**

- Medium sized bowl
- Liquid and dry measuring cups and measuring spoons
- Whisk and spatula

# TIPS TO INVOLVE THE KIDS

- Wash Hands!
- Designate an area to get a bit messy!
- Have kids measure ingredients.
- Let kids whisk to combine.

## **EXTRA!**

- Use fresh chives and parsley when possible!
- This ranch is great as a dip for carrots and other veggies.
- Top our chopped salad with ranch and enjoy!

