

Easy Veggie & Cracker Dip

Serving Size 2 tablespoons*

Ingredients:

- 1 (16 oz) container plant-based sour cream (*Follow Your Heart® & Simple Truth® have 0 g protein/serving; Good Karma® has 1 g protein/serving*)
- 1 tablespoon mayonnaise (*Your favorite brand*)
- 2 tablespoons seasoning from ranch seasoning packet (*Using French Onion, Taco or Dill seasoning packs may slightly alter protein content*)

Instructions:

In a bowl, whisk together all ingredients until creamy.

Cover and chill the dip in the refrigerator for at least 30 minutes before serving.

Serve with your favorite fresh vegetables or crackers.

Kcal: 66

Protein: 1 g

* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.

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