

RANCH DIP

INGREDIENTS

½ cup sour cream

½ cup mayonnaise

1 tablespoon parsley, chopped

1 tablespoon dill, chopped

1 tablespoon tarragon, chopped

1 tablespoon fresh lemon juice → *use lemon zest instead of juice to reduce acidity and add taste*

1 teaspoon onion powder

1 teaspoon garlic powder

PREPARATION

Mix all the ingredients together. Add salt and pepper (*if tolerated*).

Recipe translated from: <https://ici.radio-Canada.ca/mordu>

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