



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# RANCH DRESSING

**Time: 10 minutes**

**Serves: 8**

### Ingredients:

100g avocado oil mayonnaise  
100g buttermilk  
100g sour cream  
3g dried dill weed  
2g garlic powder  
2g salt  
2g onion powder  
1g fresh ground black pepper  
1g dried parsley  
1g dried chives

### Preparation:

Whisk all ingredients together in a bowl or place in a 500ml mason jar, cover, and shake.

Refrigerate for at least one day.

### Nutritional Information Per Serving:

Calories: 110	<b>Hand-Size Portion Guide</b>
Fat: 11g	Palms of Protein: 0
Carbs: 1g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 1g	Thumbs of fat: 1