

# Green Goddess Dressing

**CONDIMENTS** Makes approx 9 tbsp

*A savoury, creamy dressing made with Greek yogurt and fresh herbs.*

## Ingredients

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- 1/2 cup 0% Greek yogurt
- 1 tbsp light mayonnaise
- 1/4 cup loosely packed Italian parsley
- 2 tbsp fresh chopped chives
- 1 small clove of garlic
- 2 tsp lemon juice
- salt/pepper to taste

## Directions

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1. Place all of the ingredients in a jar or bowl.
2. Using an immersion blender, pulse until smooth.
3. If you don't have an immersion blender you can use a standard blender or food processor.
4. Move the dressing to a jar to store.

## Notes

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Will keep for 1 week in the refrigerator.

Use on salads, in wraps, or as a dip for chicken bites or veggies.



## Macros

Per 1 tbsp of dressing

Calories : 14  
Protein : 1.5g  
Carbs : .9g  
Fat : .5g

\*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used.