

# Greek Yogurt Dip

Prep time: 3 min

Serves: 1

Stir all the ingredients together in a cup

Garnish with chives and serve

## INGREDIENTS

1 cup of greek yogurt

$\frac{3}{4}$  tsp of garlic powder

$\frac{1}{2}$  tsp of onion powder

$\frac{1}{2}$  tsp of dried dill

$\frac{1}{4}$  tsp of salt

$\frac{1}{4}$  tsp of Worcestershire sauce

$\frac{1}{8}$  tsp of cayenne pepper

Chopped chives as a garnish



<b>Nutrition Facts</b>	
Serving size	2 tbsp
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>25</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	<b>4%</b>

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.