



### **Raw Veggies With Ranch Dip**

**Ingredients:**

1 cup sliced cucumbers  
1 cup sliced celery  
1 cup broccoli florets  
1 cup cauliflower  
1 cup baby carrots  
1 tsp. crushed garlic  
½ bunch chives, sliced  
1 tsp. parsley  
6 oz. Greek yogurt  
1 tbsp. lemon juice  
¼ cup fat-free sour cream

**Directions:**

Combine together the garlic, chives, parsley, Greek yogurt, lemon juice, and fat free sour cream. Serve with a tray of fresh vegetables.

*Nutrition information (makes 5 servings): 66 calories, 9.6 grams of carbs, 0 grams of fat, 5.5 grams of protein*