

Trim Healthy  
W I S D O M

## Super Quark Ranch Dip (FP)

Here, you have the healthiest way to eat ranch dip ever! Most ranch dressings (even homemade ones) are not super kind to hormone-challenged waistlines. They are high in density and typically involve large amounts of difficult-to-burn common dairy or mayonnaise. Make room for this fermented ranch dip in your life if you are a ranch lover. It is FP, high in protein, and ready to set your gut to right!

Multiple Servings

### INGREDIENTS:

- 1 cup of *Super Quark* (either Kefir or L-Rueteri style)
- ¼ cup buttermilk
- ½ tsp each of dried dill, dried parsley and dried chives
- 1 tsp garlic powder
- ¼ tsp [TH Mineral Salt](#)
- 1 tsp lemon juice



### INSTRUCTIONS:

1. Blend everything except the herbs with a handheld blender and then stir in the herbs. (see our brand recommendations [HERE](#))