



Cilantro Lime Ranch Dressing

Ingredients:

1 Cup Mayonnaise
¾ Cup Sour Cream
Juice from ½ Lime
1 bunch Cilantro
1 Jalapeno (more if you like it spicy)
2 tsp Dried Parsley
1 tsp Dill
1 tsp Chives
½ tsp Garlic Powder
½ tsp Onion Powder
½ tsp Pink Salt
¼ tsp Black Pepper
⅓ Cup Almond Milk



Instructions:

Add Mayonnaise and Sour cream into a blender and add all the remaining ingredients and blend until smooth and creamy.

You can use less or more almond milk depending on how thin or thick you want it. You can start with ¼ Cup Almond Milk and then add more if you want it thinner. I normally do ⅓ Cup depending on what I use it with. Blend this until smooth and that's it.

I use this dressing for Taco Salad or regular Salad and you can use it for many other things such as wraps etc.

Serving Size : 2 TBSP

Macros per serving:

Net Carbs: 1
Fiber: 0
Total Carbs: 1
Protein: 0
Fat: 12
Calories: 110