

Buttermilk Ranch Dressing

Prep time: 15 min



INGREDIENTS

- 125 ml (½ cup) buttermilk
- 125 ml (½ cup) sour cream
- 63 ml (¼ cup) mayonnaise
- 2 tsp freshly squeezed lemon juice
- 2 garlic cloves, minced
- salt and pepper
- 2 spring onions, finely chopped
- 2 tsp minced fresh dill, finely chopped
- ⅓ tsp cumin



METHOD

1. Pour all the ingredients into a bowl and whisk till well combined.
2. Pour into a clean, sterilised jar or bottle.
3. Store in the refrigerator.
4. Use within 4 to 5 days.

Nutrition Facts

Serving size: 15 g

Energy (kJ)	144
Protein (g)	1
Total Carbohydrates (g)	0
Fat (g)	3
Fibre (g)	0
Calcium (mg)	16



www.rediscoverdairy.co.za

An Initiative of the Consumer Education Project of Milk SA

