RANCH DRESSING

INGREDIENTS:

2 cups	Low fat mayonnaise
2 cups	Cottage cheese
2 tbsp.	Lemon juice
2 cups	Fat free buttermilk
1 ½ tbsp.	Garlic powder
1 ½ tsp.	Ground black pepper
2 tbsp.	Dried parsley flakes

METHOD:

- Place the cottage cheese with lemon juice in the food processor and mix until smooth.
- Combine with the remaining ingredients in a large bowl and whisk together.
- Chill.

Servings: 6
Serving Size: 1 tbsp.
Calories: 15
Fat: Trace