

JENNI MARIE'S TEST KITCHEN

www.JMtestkitchen.com

Dry Ranch Seasoning & Dill Dip

Equipment Needed:

- Choose one: Small Mixing Bowl, Mortar & Pestle, Small Food Processor
- 1 Small Mixing Bowl for Mixing the Dip
- Kitchen Scale
- Measuring Cups & Spoons

Directions:

1). Making Low FODMAP Dry Ranch Seasoning - Gather all equipment & ingredients. Combine all dry ingredients in a small bowl and stir well. Alternately, you can combine in a mortar and pestle, or small food processor to incorporate everything really well. Place in an airtight container and store in a cool dry place for up to 1 year.

- **2 T. Buttermilk Powder**
- **1 t. Dried Parsley**
- **1/2 t. Dried Dill**
- **1/2 t. Dried Chives**
- **2 t. Low FODMAP Garlic Replacer (or 1/2 t. garlic powder)**
- **1/8 t. Low FODMAP Onion Replacer (or 1/4 t. onion powder)**
- **1/2 t. Kosher Salt**
- **1/8 t. Black or White Pepper**

2). Making Ranch Dill Dip - Combine wet ingredients, plus sugar and dry dill in a small mixing bowl and stir well. Add the entire batch of dry ranch seasoning that we made in step 1, and mix to combine. Refrigerate for 1 hour before serving to give the flavors a chance to marry.

- **1/2 C. (115g.) Real Mayonnaise**
- **1/2 C. (120g.) Sour Cream (or 120g. Tofutti Sour Cream for Low FODMAP)**
- **1 T. Lemon Juice**
- **1/8 t. Dried Dill (or 1/2 t. Fresh)**
- **1/4 t. Granulated Sugar**

*****I have this recipe separated, because you can make the dry ranch seasoning for other recipes (dressings, dips, soups, etc.). I like to use the ranch seasoning primarily for making dill dip that I use on veggie pizza. You can make this recipe into ranch dressing by omitting the added 1/4 t. dried dill, and adding some 2% milk (a little at a time) to thin it out to a dressing consistency. Enjoy!***

