

O-YA Garlic Ranch Dip

An 'After School Club Healthy Snack' Recipe

Recipe provided by Holistic Nutritionist Sarah Green

5 oz	Goat Cheese
1/3 Cup	Plain Fat-Free Yogurt
1/4 tsp.	Salt
3 - 4 Grinds	Pepper
1 Small	Garlic Clove (or 1/2 large), pressed
1/3 Cup	(plus 1 Tbsp.) Tofutti Sour Cream; or Sour Cream <i>(Tofutti can be purchased at Nature's Way in Kemptville)</i>

Place Goat Cheese and yogurt into a bowl and mash together with a fork until smooth. Add all other ingredients and combine well. Adjust salt and pepper as needed.

What makes this a Healthy Snack Sarah?

"Goat Cheese and plain yogurt deliver the flavour of a Ranch Dip naturally. No need for the added fat, sugar, chemicals and preservatives that you find in processed, commercial dips - just clean sources of protein and the added bonus of probiotics from the yogurt. Garlic is known for its ability to help cleanse the body of toxins (so it's worth having garlic breath afterward!)." *Sarah Green, Holistic Nutritionist*

