



Ranch Dressing

Ranch Dressing is easy to make at home! It's a great way to make a dressing free of any unwanted sweeteners or oils. We make a batch of our ranch seasoning, then just mix it with some sour cream or yogurt to make a creamy ranch dressing that is perfect for your veggies!

Recipe:

1 tsp [Homemade Ranch Seasoning](#)

1/4 Cup Sour Cream or Greek Yogurt

Mix together and enjoy!



The Keto Dad Tips:

- There are some great low carb Yogurts available, but keep in mind that every brand has many different versions, so you'll have to shop around to start. Our favorite right now is Target's Good and Gather Greek Plain Whole Milk Yogurt.
- Use a ranch packet or our [DIY Ranch Seasoning](#)
- Serve with veggies or use as a salad dressing
- Store in air tight container for up to 1 week. We usually just make what we're going to use in a day.
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Macros are for 1 teaspoon of our homemade ranch seasoning.

Macros: Calories 6 , Fat 0g, Carbs 1g, Fiber 0g (1 Net carb) Protein 0g

Additional macros for your yogurt or sour cream will vary greatly based on the brand you buy.

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