



Creamy Dill Dip

This creamy dill dip is perfect for summer! It's light, fresh and packed with flavour. Store-bought dips are convenient in a pinch, but can be full of salt, additives, and sugar that rack up calories. Making your dips at home gives you the benefit of knowing exactly what is in it. This dip uses Greek yogurt, which is full of protein. Pair this dip with fresh veggies and whole grain crackers for a balanced snack or meal. This also pairs well with fish, chicken and cooked vegetables, like potatoes.

Recipe makes 1 serving
Prep time: 10 minutes



INGREDIENTS

- ¼ cup plain Greek yogurt
- 1 garlic clove, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 small green onion, chopped
- Salt and pepper, to taste

INSTRUCTIONS

In a small bowl, add all of the ingredients. Mix until combined.
Serve and enjoy!

TIP

Add 1 tbsp of lemon juice to make a yummy salad dressing!

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