



Easy Low-Carb Ranch Dressing

This recipe makes a dry mix that can be used in other recipes. Add the wet ingredients to make a low-carb version that is good with anything!

Ranch Dry Mix

- 2 teaspoons ground black pepper
- 3/4 cup dried parsley flakes
- 1/3 cup garlic powder
- 1/3 cup onion powder
- 2 tablespoons salt
- 1 tablespoon dried dill weed

Combine all ingredients and mix well. Store the mix in an airtight container in the refrigerator. Yields a little less than 2 cups of dry mix.

Ranch Wet Dressing

- 3/4 cup mayonnaise
- 1/2 cup heavy whipping cream
- 3/4 cup sour cream
- 1/2 teaspoon of lemon juice

Mix 2 tablespoons of dry mix with the mayonnaise, heavy cream, sour cream, and lemon juice. Let chill for at least an hour before serving. This recipe makes over two cups of dressing. You can thin this with a little MCT oil or water or more heavy cream. You can also use less heavy cream for a thicker dip.



A delicious low-carb recipe from Kristie Sullivan, best-selling author of *Keto Gatherings* brought to you by HEALcare.



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