

# High Protein Ranch

## INGREDIENTS

- 1/2 cup olive oil OR avocado oil based mayonnaise
- 1/2 cup cottage cheese
- 1/2 cup milk of choice
- 1 TBS rice wine vinegar
- ¾ - 1 teaspoon dried dill weed
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried chives
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon fine sea salt
- 1/8 teaspoon finely cracked pepper
- freshly squeezed lemon juice to taste approximately 1-3 teaspoons, adjust to taste

## DIRECTIONS

1. Place all ingredients into a blender. Blend until smooth.
2. Pour into a jar and chill in the refrigerator until ready to serve.
3. Enjoy!
4. This dressing will keep nicely in the refrigerator for up to a week.