

Ranch Dressing

Fat Free!

Totals per 1 Tablespoon:

Calories 8 Fat 0 Fiber 0 Carbs 2

What you'll need:

1 1/4 Cup skim milk

1 Cup fat free mayonnaise

1 Package Hidden Valley Ranch dressing mix (Original .4 ounce size)

1 Measuring cup

1 16 Ounce (minimum) size jar and lid for mixing (I use a clean 32 ounce mayonnaise jar)

Let's get to cooking!

1. Pour skim milk into jar.
2. Measure mayonnaise and put it in the jar with the milk.
3. Add Hidden Valley Ranch mix.
4. Close the lid and shake this for several minutes until well mixed.

Enjoy as a dip for veggies or as a dressing for your salad this **Kitty's Lighter Weigh** recipe!