### Ranch Greek Yogurt Dip

**Ingredients**
- 1 clove of garlic, finely minced
- ½ bunch chives, thinly sliced
- ¼ bunch flat-leaf Italian parsley, chopped
- 1 6-ounce container of non-fat plain Greek yogurt
- 1 tablespoon lemon juice
- Salt to taste

**Instructions**
1. Add all of the ingredients to a medium bowl and stir until thoroughly mixed.
2. Serve chilled or at room temperature.

**Additions**
- This dip will complement any raw vegetable – be sure to try it with bell peppers, carrots and/or broccoli florets. It also goes great with pita chips or crackers.

### Hummus

**Ingredients**
- 1 can garbanzo beans, drained and rinsed
- ¼ cup tahini
- ¼ cup lemon juice
- ½ teaspoon salt
- 2 cloves garlic, halved
- ¼ teaspoon cumin
- Water if needed

**Instructions**
1. Add the garbanzo beans, tahini, lemon juice, salt, garlic, and cumin to a blender or food processor. Blend until smooth. Add water if too thick.
2. Transfer mixture to a serving bowl.
3. Serve with pita bread, whole grain crackers, carrots, celery, peppers, or any other raw vegetables.
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Hummus

Notes: