



PROJECT: GET IT DONE TOGETHER

Crunchy Vegetables and Fresh Herb Ranch Dip

Adult Supervision Required | Contains dairy, gluten free, nut free

Ingredients:

Assorted vegetables such as:

- 1 red or yellow pepper
- 1 cucumber
- 1 pint of cherry tomatoes
- 1 head of broccoli

Instructions:

1. Stir yogurt and 1 teaspoon honey (or syrup) together in a small bowl. Wash all vegetables. Slice pepper, peel and slice cucumber into rounds or sticks, chop florets off broccoli head. Fill a large saucepan with water and bring to a boil. Fill a large bowl with ice and water. Place broccoli in boiling water for 2-4 minutes until bright green in color. Drain and place in ice water bath until cooled. Drain broccoli from water. Arrange prepared vegetables on a platter with a small bowl in the center.
1. In a mixing bowl, combine buttermilk, sour cream, vinegar, sugar, salt, and garlic powder. Chop herbs and mix into dressing. Pour dip into empty bowl on vegetable platter. Dip vegetables into dip and enjoy!

Makes 1 large platter and a bowl of dip

Total time: 10 minutes