



Healthy Greek Yogurt Dill Dip

- Prep Time: 10 mins
- Total Time: 10 mins
- Yield: 1 cup
- Method: mixing
- Cuisine: Vegetarian, Gluten Free, Vegetarian
- Diet: Gluten Free

This homemade version of dill dip is healthier than store bought. It uses fat free Greek yogurt as the base for a lighter twist that won't lack any flavor. Serve with any raw veggie for dipping. It's perfect for packed lunches, meal prep, or even to serve on a veggie platter for parties.

INGREDIENTS

- 1 cup plain Greek Yogurt (I like to use fat free) – see notes
 - Juice of 1/2 lemon
 - 3/4 teaspoon to 1 teaspoon kosher salt
 - 3/4 teaspoon black pepper
 - 1 tablespoon dried dill (or sub 2 tablespoons fresh dill, chopped)
 - 1/2 teaspoon onion powder
 - 1/4 teaspoon garlic powder
 - *Optional:* 1 to 2 teaspoons agave nectar (or sub granulated sugar)
 - **Any type of fresh cut veggies for serving**
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INSTRUCTIONS

1. **Mix:** Add all of the ingredients to a small mixing bowl. Stir until well combined. Taste and adjust seasonings as needed.
2. **To serve:** Serve the dip immediately with any fresh cut veggies of your choice. This is a great addition to any veggie platter.
3. **To store:** store the dip in an air tight container for up to 1 week. This dip can be made several hours or days in advance from when you plan to serve it. If it gets a little separated just stir until well combined. This dill dip also makes a great addition to packed lunches, or meal prep routines.