# homemade ranch dip

## Family Chef: Mary-Ellen McMahon

#### Ingredients:

* 1/2 c full fat plain yogurt or sour cream
* 1/2 c mayonnaise
* 1 1/4 tsp garlic powder
* 1 tsp onion powder
* 1 tsp parsley, (I use freeze dried)
* ½ tsp fine sea salt
* a couple of twists of the pepper mill

#### Instructions:

1. Combine all the ingredients and let sit in the fridge for at least a half hour.