

Lo Salt Ranch Dressing Mix

1/2 cup buttermilk powder
2 tbsp parsley
1 tbsp garlic powder
2 tbsp onion powder
2 tsp blk pepper
2 tsp dried chives
2 tsp dill weed

Mix all together and store in a conatuner with a silica packet to prevent caking.
40 mg sodium per tbsp of mix.

To make dressing, mix equal parts mayonaise and milk. Final sodium content will depend on the sodium content of your milk and mayonaise andf how much of each you use, but it will be much lower than the store bought dressing.