



Raw Veggies & Ranch Dressing Dip

Rich in antioxidants, isoflavones & soy protein

Number of Servings: 8

Calories Per Serving: 79

CPF Ratio: 46-29-25

Cooking Instructions

Blend tofu in food processor until a smooth consistency. Add soymilk and dressing mix and blend well. Place dressing in a jar and store in refrigerator. Serve as a dip with raw veggies.

Nutrition Tidbit: If you love Ranch Salad Dressing but hate the calories, you will love this modified version that includes the use of healthy soy foods. I am not just talking about saving a few calories with this modified version. You will save a total of 121 calories per 2 T serving with this easy recipe. Regular-bottled Ranch Salad Dressing averages 150 calories per 2T, plus lacks the significant health benefits of this recipe.

Recipe Exchanges Per Serving:

1/4 Very Lean Meat

1/4 Carbohydrate

1/2 Fat

1 Vegetable (FREE)

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
Tofu-Silken, Soft	For dips, sauces	12 oz	336
SOYMILK	enriched	1 cup	240
SALAD, RANCH	powder mix	1 oz	28
CARROT	raw	30 strips	60
CAULIFLOWER	raw	26	338
BROCCOLI CLUSTERS	raw	30	330
Recipe Total:			1,332
Single Serving Total:			167

Nutrition Information

Serving Size: 1/4 cup dip/ 1 cup raw veggies (167

Servings: 1

Amount Per Serving

Calories 79 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **1%**

Cholesterol 0mg **0%**

Sodium 247mg **10%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **5%**

Sugars 4 g

Protein 6 g

Vitamin A 68% Vitamin C 98%

Calcium 7% Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet