

# Homemade Ranch Dressing

Okay, I just made the world's healthiest Ranch Dressing. I'm sharing it here and if you really like it, let me know. :)

## Ingredients

- ½ cup real mayonnaise
- ½ cup organic buttermilk
- 4 teaspoons sucanat or xylitol or other natural sweetener
- 1 teaspoon apple cider vinegar or fresh lime juice
- ½ teaspoon garlic powder or 1 clove fresh garlic
- ½ teaspoon finely chopped fresh dill or chives
- ½ teaspoon finely chopped fresh parsley or cilantro
- ¼ teaspoon onion powder
- ¼ teaspoon sea salt
- 1 dash of paprika or black pepper (or both)

## Directions

1. If using fresh garlic, mash it together with salt till a paste is formed.
2. Combine all ingredients in a small bowl or jar with tight fitting lid.
3. Whisk or shake everything until well-blended.
4. Either serve immediately or chill for an hour.
5. Adjust taste with salt and pepper.

If there are egg allergies in the family,  
you can substitute the mayonnaise  
with sour cream.  
Makes 1.5 cups.  
Consume within a week.

## Recipe for REAL Mayonnaise

2 teaspoons fine sea salt  
1 teaspoon dry mustard  
Dash cayenne  
2 egg yolks (free range, if possible)  
1 pint olive oil  
¼ cup raw organic apple cider vinegar

### Directions

Combine the dry ingredients with unbeaten yolks in a steel mixing bowl. Beat together until stiff. Add oil at a very slow drizzle, making sure that the oil and egg mixture are fully blended before adding more oil. Then at the half way point, add the oil more rapidly always keeping the mixture well mixed. When the mixture begins to thicken add a little of the vinegar. Alternate the oil and vinegar till it is completely blended.

This makes 2.5 cups of mayonnaise.  
Refrigerate and consume within 2 weeks.