

## **Bell Pepper Ranch Dip**

**1/2 cup lacto-fermented bell peppers**

**1/2 cup milk kefir, yogurt, buttermilk or creme fraich (Villi yogurt creates a thick dip)**

**1/2 cup mayonnaise**

**1/2 tsp garlic powder**

**1/4 tsp onion powder**

**1/4 tsp ground pepper**

**2 tsp parsley**

**1 tsp dill**

**Sea salt to taste – peppers may be salty enough**

**Blend in food processor. Refrigerate for an hour or two before serving.**

**Dip veggies or crackers, mix with rice or use as a marinade with chicken!!**