

Jalapeno Juice Ranch

THM-Friendly: FP

This is my FAVORITE THM dressing. It's absolutely the best. I WISH I could take credit! BUT, this was created by The Northern Nester as Pickle Juice Ranch, which is also amazeballs. She gets all the credit!

[Click here](#) for the original recipe by Northern Nester.

- 3/4 cup 0% Greek yogurt
- 1/4 cup mayo
- 1/3 cup jarred jalapeño juice
- 1/4 cup jarred jalapeños
- 1 Tbsp. dried parsley
- 2 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. yellow mustard
- 1 tsp. lemon juice
- 1/2 tsp. mineral salt
- 1/4 tsp. ground black pepper



Mix all ingredients well in a food processor/chopper. My little Ninja chopper works great!

enJOY!

