

# Turmeric Ranch Dip



PREP TIME:  
10 MINUTES

COOK TIME:  
0 MINUTES

TOTAL TIME:  
10 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan Optional

Yield: 12 Servings

## Ingredients:

- 1 Cup Unsweetened Coconut Yogurt (*I used CocoJune*)
- ¼ Cup Avocado (healthier mayo or Veganaise)
- ¼ Cup Red Onion – Minced
- 2 TBSP Garlic - Minced
- 1 teaspoon Ground Turmeric (*can double for stronger flavor*)
- 1 teaspoon Dried Parsley
- ¼ teaspoon Himalayan Sea Salt
- 1 teaspoon Lemon Juice
- Cracked Black Pepper to Taste
- **Optional:** 1 TBSP Coconut Milk
- **Crudité Options:** Cucumbers/Heirloom Rainbow Carrots/Celery/Bell Peppers/Sugar Snap Peas – serve with a healthy gluten free cracker – Simple Mills or Mary's Brands.

## Instructions:

1. In a medium sized mixing bowl, add the yogurt, mayo, onion, and garlic. Mix until combined.
2. Next add the turmeric, parsley, salt, pepper, and lemon juice. Stir until combined.
3. Depending on texture, it's optional to add the coconut milk.
4. Store in refrigerator for up to 4 hours before serving with your favorite crudité and crackers.

**\*Try and use all organic ingredients if possible.**

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