



Bringing the goodness
of herbs into everyday life,
naturally.

INGREDIENTS

VEGGIE CUPS:

- ♥ 1 cup baby carrots
- ♥ 1 cup cucumber sticks
- ♥ 1 cup red bell pepper strips
- ♥ 1 cup yellow bell pepper strips
- ♥ 1 cup cherry tomatoes
- ♥ 12-16 small clear cups (5 oz size)

DILL RANCH DIP:

- ♥ 1 cup Greek yogurt or sour cream
- ♥ ½ cup mayonnaise
- ♥ 1 tsp dried dill or 2 tbsp fresh dill, chopped
- ♥ 1 tsp garlic powder
- ♥ 1 tsp onion powder
- ♥ 1 tsp dried parsley
- ♥ ½ tsp dried chives
- ♥ ½ tsp black pepper
- ♥ ½ tsp salt (or to taste)
- ♥ 1 tsp lemon juice

DIRECTIONS

- 1 Prepare the veggies: Wash and cut all veggies into sticks or bite-sized pieces.
- 2 Make the dip: In a bowl, combine all dip ingredients. Stir until smooth and well blended. Chill for 15-30 minutes for flavors to meld.
- 3 Assemble: Spoon about 2-3 tablespoons of dill dip into the bottom of each cup.
- 4 Add veggies: Arrange assorted veggie sticks and tomatoes upright in each cup.
- 5 Garnish: Add a small sprig of fresh dill on top if desired.
- 6 Serve chilled and enjoy!

Fresh, flavorful & so easy!

Simple • Fresh • Herbal • Delicious

RANCH

Veggie Cups

WITH DILL DIP

CRUNCHY • CREAMY • HERB-INFUSED GOODNESS

Crisp veggies in individual cups paired with a
creamy, herby dill ranch dip.
Perfect for parties, lunchboxes or anytime snacking!



HERBAL BENEFITS

- ♥ **Dill** – Supports digestion, reduces bloating & adds a refreshing flavor.
- ♥ **Parsley** – Rich in antioxidants and supports immune health.
- ♥ **Garlic & Onion** – Provide natural immune support and flavor.
- ♥ **Greek Yogurt** – Adds probiotics for gut health.

TIPS & VARIATIONS

- ♥ Use homemade ranch seasoning for even more flavor.
- ♥ Try adding chopped chives or green onions.
- ♥ Make it dairy-free with plant-based yogurt & mayo.
- ♥ Add a sprinkle of hemp hearts or sunflower seeds for extra nutrition.



DOWNLOAD
THIS PAGE!

Print • Save • Share



Great for
parties, potlucks,
lunches or a light
and healthy
snack!



Let's Connect!

    

@everythingherbalbycheryljabz



Good for you.
Made by you.

WWW.EVERYTHINGHERBALBYCHERYLJABZ.COM

SCAN TO DOWNLOAD
more herbal recipes,
tips & natural
goodness!

