

EVERYTHING *Herbal*

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Fenugreek Yogurt Dip

Protein-rich snack. Easy way to incorporate fenugreek into meals. Great for healthy entertaining.

INGREDIENTS

- 1 cup plain Greek yogurt
- ½ tsp ground fenugreek
- ½ tsp dill
- ¼ tsp garlic powder
- Pinch of salt

INSTRUCTIONS

- 1 Mix all ingredients thoroughly.
- 2 Refrigerate for 30 minutes.
- 3 Serve with vegetables, crackers, or grilled chicken.



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