



Zucchini Protein Yogurt Dip with Plant-Based Yogurt

Ingredients

- 1 cup plain plant-based yogurt (such as almond, coconut, or soy yogurt)
- **2 tablespoons MicroDried Zucchini Powder**
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- 2 tablespoons pea protein powder
- Salt and pepper to taste

Process

1. In a medium bowl, combine the plant-based yogurt, MicroDried zucchini powder, minced garlic, lemon juice, chopped dill, and pea protein powder.
2. Mix well until all ingredients are thoroughly incorporated and the mixture is smooth.
3. Season with salt and pepper to taste.
4. Chill for at least 30 minutes before serving.
5. Serve with MicroDried tomato halves, MicroDried zucchini slices, MicroDried green beans, pita chips, or as a spread on sandwiches.

