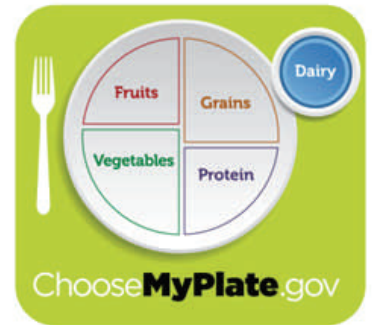


Blender Basics Buttermilk Ranch

By Cheralyn Schmidt



Ingredients

1 cup low-fat sour cream
1/2 tsp dried parsley
1 clove fresh garlic or 1/2 tsp garlic powder
1/4 cup low fat buttermilk
1/4 tsp black or white pepper
1/8 tsp salt
Pinch dried oregano or thyme

Instructions

Combine all ingredients in blender and process until smooth. For best flavor, cover and refrigerate at least one hour to allow flavors to meld. Refrigerate unused portion for up to three days. Serve with vegetables. Makes 20oz (20 samples)

Talking Points

- ◆ Ranch dressing is fantastically popular. Dip in veggies, dress a salad, or drizzle over a baked potato.
- ◆ Sour cream and buttermilk are both cultured dairy products. Cultures are beneficial bacteria that are added to consume the lactose in the dairy leaving behind lactic acid which gives these products their delicious tang.
- ◆ Dairy products contain bone building calcium and vitamin D.
- ◆ Pepper, parsley, oregano and thyme are different spices that are full of antioxidants.

HINT: Use these talking points while you are blending your ingredients to keep your audience interested and involved in the demonstration.

Get the Kids Involved!

Have the kids: pluck leaves, wash vegetables and dishes, measure ingredients, push buttons and hold down lid on blender or whisk ingredients together in a bowl.

HINT: Try these ways to get your students involved. Be conscious of the kids' ages and

Nutrition facts: (served with five baked potatoes) Serves 20

Nutrition: Cal: 91, Protein: 2.75g, Total Carb: 17g, Total Fat: 1.7g, Sat Fat: 1g, Trans Fat: 0g, % Fat Cal: 16.7%, Cholesterol: 4mg, Fiber: 1.65g, Sodium: 33mg, Calcium: 31.15mg, Folate: 22.3mcg, Iron: .84mg



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