



2 cups

Preparation Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS:

12-oz. package extra-firm lite
silken tofu

2 tablespoons Dijon mustard

¼ cup fresh dill

¼ cup sliced scallions

½ cup to ⅔ cup unsweetened,
unflavored plant-based milk

Creamy Dairy-Free Dill Ranch Dip

This five-ingredient vegan dip comes together in a flash and delivers ranch flavor without all the fat and cholesterol. Silken tofu helps form the creamy base, while tangy fresh dill and aromatic scallions brighten things up. Serve this delicious plant-based dip alongside Buffalo cauliflower, crudité, or [vegan pizza](#).

By Nancy Macklin, RDN

- 1** In a blender or food processor place tofu, mustard, dill, and scallions. Cover and blend until mostly smooth, gradually adding plant milk to reach dipping consistency. Chill until ready to serve.