



# High Protein Kodiak Cakes



- Cook with milk for extra flavor, protein, vitamins, and minerals
- Add 1 cup berries for fiber/antioxidants
- Add nut butter and/or plain Greek yogurt for protein and healthy fats
  - Also good if looking to cut out syrup
  - OR try sugar free syrups Walden Farms Syrup



# Greek Yogurt Ranch Dressing



1/2 cup plain Greek yogurt

1 teaspoon garlic powder

1/4 teaspoon onion powder

1 ½ teaspoons fresh lemon juice (or can sub apple cider vinegar)

1/2 teaspoon dried dill or fresh chopped chives

1/4 teaspoon salt, plus more to taste

2 tablespoons water to thin dressing

## INSTRUCTIONS

Add all ingredients to a bowl or a mason jar and mix until well combined. If using a mason jar, you can simply put the lid on and shake the jar until well combined. Dressing serves 4, 2 tablespoons each

\*This dressing will stay good in an airtight container or mason jar for up to 1 week.