



## RANCH SEASONING MIX & DRESSING

By Dr. Cindy Tanzar  
(Standard/Maintenance)

This DIY ranch seasoning mix from Wholesome Yum is much healthier than the traditional ranch dressing packets, which contain maltodextrin (sugar), MSG, and other artificial ingredients. You can use this mix to make dressing (below), sprinkle over veggies or to sprinkle over other dishes as a flavor enhancer. You can purchase heavy cream powder on Amazon. [Anthony's Heavy Cream Powder](#) seems to be the purest available, as so many others (even organic) have milk solids and other ingredients in them. Always read the labels ingredients on everything!

Mix makes 3 servings and covers your fat. *See below for dressing (maintenance only) information.*



### INGREDIENTS

- 1/2 cup heavy cream powder\*
- 4 tsp dried parsley
- 2 tsp dried dill
- 2 tsp dried chives
- 1 tsp cream of tartar



1 tsp garlic powder  
1 tsp onion powder  
1 tsp Pink Himalayan salt  
1/2 tsp black pepper

## INSTRUCTIONS

Mix all the ingredients together well and store in an airtight container or jar. Keeps for a year.

## RANCH DRESSING – Maintenance only

This recipe would be reserved for maintenance. We do have of ranch recipe for the weight loss plan. Makes 15 servings of fat.

2 tablespoons Homemade ranch seasoning mix  
1 cup Primal Kitchen or Genesis mayonnaise  
1/2 cup sour cream  
1/4 cup organic heavy cream (add more cream if too thick)

### \*Heavy Cream Powder

Heavy cream powder has many uses, so you don't have to worry about not using it up. It also has a great shelf life of 1-2 years, depending on the vendor, so it's not going to spoil on you. Always be careful to read the ingredients, as many heavy cream powders also contain milk and other stabilizers. A 16-oz bag can provide up to 9 cups of cream (around 4.5 cartons), depending on how you use it, so it is cost effective and available if you run out or can't get heavy cream. I have gone to the store on many occasions and there is none available.

It's not always easy to find organic heavy cream powder. So, we always use the good, better, best principal in these situations. Anthony's heavy cream powder was the best I saw on Amazon. Here is also a link to a great vendor for heavy cream and many other powdered organic products - [Bella Baking Accents](#). The cream does have more of a grass-fed flavor to it.

### Heavy Cream Powder Uses

Directly to sauces, soups, smoothies, baking, coffee, tea  
Can be used directly or combined with water to make liquid cream.