

# KJ's Creamy Salsa Dressing

THM-Friendly: FP

- 1/2 cup plain non-fat Greek yogurt
- 1/4 cup salsa
- 1/8 tsp. chili powder
- 1/4 tsp. garlic powder
- 1/8 tsp. onion powder
- a pinch of salt
- pepper to taste
- 1/4 cup water, adjust to your creaminess preference

Put everything in a blender, food processor, or Ninja Chopper.

Blend until mixed well. Put in a jar to save.

enJOY!

NOTE: Adjust seasonings to taste, you could even just use Creole seasoning.

