

# Dry Ranch Mix

## Ingredients:

- 2 Tbsp dried parsley
- 4 Tbsp nutritional yeast flakes
- 1 Tbsp dried chives
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- Tbsp dried dill
- 1 tsp (6 g) salt
- tsp ground black pepper
- 1 Tbsp Toasted sesame seed powder

# The Best Steamed Broccoli

## Ingredients:

- 1 bunch broccoli
- 1-2 Tablespoons ranch seasoning
- 1-2 Tablespoons Grass fed butter, Ghee, or Extra virgin olive oil

## Instructions:

1. Prep the broccoli crowns and stems: Cut the crowns away from the large stems of the broccoli. Break the crown up into bite-sized florets. Rinse the broccoli florets thoroughly.
2. Bring steamer water to a boil: Place 1 inch of water in a saucepan with a steamer and bring to a boil.  
(Note that if you don't have a steamer, you can simply put the broccoli directly into an inch of boiling water.)
3. Add broccoli, steam 5 to 6 min, should be bright green
4. Dress with ranch, pepper and fat of choice