



## Pesto Dip

**Macros: Makes 5 servings**  
**157 cal 6 Protein 5 Carb 13 Fat 2 Fiber**  
**per serving**

### INGREDIENTS

- $\frac{3}{4}$  cup greek yogurt, I used Fairlife plain 2%
- $\frac{1}{3}$  cup basil pesto, I used Kirkland brand
- 3 teaspoons lemon juice
- 1 teaspoon minced garlic
- $\frac{1}{4}$  cup chopped pecans (for topping)

### DIRECTIONS

1. Combine greek yogurt, pesto, lemon juice and minced garlic in a medium sized bowl until well combined.
2. Transfer to your serving dish and top with chopped pecans!
3. Enjoy as a dip for chips/veggies or even as a dressing for salads!