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
- 1 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