

Honey Mustard Dressing

This sweet and tangy dressing is made with Greek yogurt, which keeps it rich and creamy while still being light and healthy!

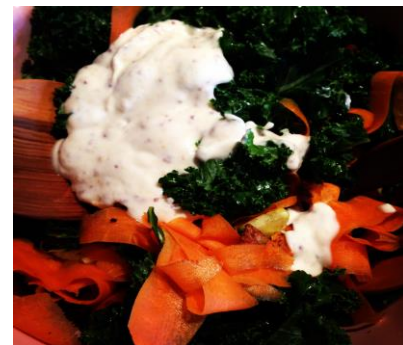
Makes 8 servings | Serving Size: 2 tablespoons

Price Per Serving: \$0.24

Prep/Cook Time: 5 minutes

- 1 cup Greek yogurt
- 1 1/2 tbsp mustard
- 1 tbsp honey
- 1 lemon, juiced
- 2 tsp orange or apricot marmalade

Mix all ingredients together. Use as desired, (ideas include: salad dressing, dip for veggies, or sauce for cooked meat or seafood).



Nutrition Facts	
Serving Size 1 ounce (28g)	
Amount Per Serving	
Calories 22	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 1mg	0%
Sodium 34mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Vitamin C 3%
Calcium 4%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	