

Honey Mustard

Makes 5 servings

1/2 cup plain, nonfat yogurt
2 T mayonnaise
2 t mustard
1 T Honey
1/4 t garlic powder
Pinch of salt



Combine all ingredients and mix thoroughly.

Nutrition information per serving (~2 T): 60 calories, 4.5g fat, 1g protein, 130mg sodium.

