

Tangy Dressing

Makes: 20 servings

Ingredients

- 1/2 cup** milk (evaporated skim)
- 1 can** juice concentrate (6 oz., frozen orange/pineapple, thawed)
- 1 pinch** nutmeg (ground)

Directions

1. Mix milk, concentrate and nutmeg. Shake well before using.

Notes

Use this dressing on your favorite salad, as a dip, or as an ingredient in this [Summer Salad!](#)

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	20	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	5 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	10 mg	0%