

Vegetable Dipping Sauce

Rating: ★★★★★

Makes: 4 servings

Ingredients

1/4 cup yogurt, non-fat plain

1/4 cup sour cream, light

2 teaspoons honey

2 teaspoons brown mustard (spicy)

Directions

1. Mix together all ingredients.

Serving suggestions:

Good with carrot sticks, broccoli, cauliflower, tomatoes or any of your favorite vegetables.

University of Illinois, Extension Service, Wellness Ways: Milk, Yogurt and Cheese Group

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	35	
Total Fat	1 g	2%
Protein	1 g	
Carbohydrates	6 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	0.5 g	3%
Sodium	55 mg	2%