Creamy Low-Fat Yogurt Dressing

Ingredients:
- ½ cup nonfat plain yogurt
- 1 tablespoon light mayonnaise
- 1 teaspoon mustard
- 1 teaspoon lemon juice
- ½ teaspoon granulated sugar
- dash of pepper

Directions:
1. Combine all ingredients in a small bowl, mixing until well blended.
2. Cover and refrigerate.

Yields about 4 servings


Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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