Creamy Low-Fat Yogurt Dressing
Makes 4 servings

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

Directions:
1. Combine yogurt, mayonnaise, mustard, lemon juice, sugar and pepper in a small bowl, mixing until well blended.
2. Cover and refrigerate.

Source: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999

Nutrition Facts
4 servings per container
Serving size: 2.5 tablespoon (92g)

Amount per serving
Calories: 60

% Daily Value*
- Total Fat 1.5g 2%
- Saturated Fat 0g 0%
- Trans Fat 0g
- Cholesterol 0mg 0%
- Sodium 100mg 4%
- Total Carbohydrate 7g 3%
- Dietary Fiber 0g 0%
- Total Sugars 6g
- Includes 1g Added Sugars 2%
- Protein 4g

Vitamin D 1mcg 6%
Calcium 151mg 10%
Iron 0mg 0%
Potassium 209mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

23% calories from fat