

Honey Mustard Sauce

Yield: 10 servings

Ingredients

1 cup yogurt, plain, low-fat
¼ sour cream, reduced-fat
3 tablespoons dijon mustard
1½ tablespoons honey
1½ tablespoons apple cider
vinegar
Ground black pepper to taste

Instructions

1. In a medium bowl, whisk together all ingredients.
2. Chill and serve.

Nutrition Information

Serving Size: 2 tablespoons
Calories: 20
Total Fat: 0 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Sodium: 60 mg
Total Carbohydrate: 4 g
Dietary Fiber: 0 g
Sugars: 3 g
Protein: 0 g

Source: Health Meets Food



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