



Honey Mustard Sauce

This is a great-tasting alternative to store-bought dressings and sauces. Great dipping sauce for baked chicken strips!

<u>U.S.</u>		<u>Metric</u>
1 cup	Yogurt, Plain, Low-fat	236.6ml
1/4 cup	Sour Cream, Reduced-fat	59.15ml
3 Tbsp	Creole Mustard	45ml
1 1/2 Tbsp	Honey	22.5ml
1 1/2 Tbsp	Apple Cider Vinegar	22.5ml
To Taste	Black Pepper, ground	To Taste

Preparation:

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

Nutrition Facts

Serving size 2 Tbsp
Servings 10

Calories	20
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	<5 mg
Sodium	60 mg
Carbohydrates	4 g
Dietary Fiber	0 g
Sugars	3 g
Protein	0 g
Vitamin A	0 %
Calcium	12 %
Vitamin C	2 %
Iron	10 %
Phosphorus	19 mg
