



Honey Mustard Dip

Makes: 675 mL (2 ½ cups)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	yogurt, plain or Greek style yogurt, plain	750 mL
1 tbsp	honey	15 mL
2 tbsp	mustard	30 mL
1 tbsp	lemon juice	15 mL
dash	pepper	dash

Instructions

1. Combine all ingredients and mix well.
2. Refrigerate until ready to use.

Note: Honey (pasteurized or not) should not be served to children under age one.

Nutrition Information	
Serving 15 g (1 tbsp)	
Calories	15
Fat	0 g
	Saturated 0 g
	+ Trans 0 g
Sodium	15 mg
Carbohydrates	1 g
	Fibre 0 g
	Sugars 1 g
Protein	1 g
Calcium	20 mg
Iron	0 mg

Food Guide Servings
Does not contribute towards Food Guide Servings