

## **“Honey” Mustard (THM FP)**

Makes Multiple Servings

### **Ingredients:**

- ½ cup of Yellow Mustard
- 4 TBS of Low Fat Greek Yogurt (or Almond Milk Yogurt for DF)
- 1 tsp of THM Super Sweet (or Pyure)
- ¼ tsp of Garlic Powder
- ½ tsp of Onion Powder
- 2 pinches of salt

### **Directions:**

Mix all ingredients together in a small bowl, and enjoy!