



HONEY MUSTARD SALAD DRESSING^o

SERVES: 8 (approx. 2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): 1



½ cup reduced-fat (2%) plain Greek yogurt
3 Tbsp. Dijon mustard
3 Tbsp. raw honey
3 Tbsp. rice vinegar
¼ cup extra-virgin olive oil
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)

1. Combine yogurt, mustard, honey, and vinegar in a medium bowl; mix well.
2. Slowly add oil, whisking constantly until well blended; season with salt and pepper, if desired.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 102 Total Fat: 7 g Saturated Fat: 1 g Cholesterol: 1 mg Sodium: 175 mg Carbohydrates: 9 g Fiber: 0 g Sugars: 7 g Protein: 1 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.