

Non Fat Yogurt Dressing

Contributors: Healthy African American Families' staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
1	Cup	Non fat yogurt	
¼	Cup	Low fat mayonnaise	(use 20 calories per tablespoon
2	Tablespoons	Lemon juice	
½	Teaspoon	Black pepper	
1	Teaspoon	Celery flakes	
1	Teaspoon	Onion powder	
1	Teaspoon	Garlic powder	

1. Mix all ingredients in bowl and refrigerate

Yield: Sixteen (16) 1 Tablespoon servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 gm	20 gm	300 mg	25 grams
1 serving of this recipe	22	132mg (5%)	2	-	-	-

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org