

Lemony Greek Yogurt Dill Dijon Dressing



6 Servings

15 minutes

INGREDIENTS

- ½ cup plain Greek yogurt (full-fat or 2%)
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 teaspoons Dijon mustard
- 1 teaspoon maple syrup
- 2 small garlic cloves, finely minced
- 2 tablespoons fresh dill, finely chopped
- Salt and black pepper, to taste

DIRECTIONS

1. In a bowl, whisk together Greek yogurt, lemon juice, olive oil, Dijon mustard, maple syrup, and garlic until smooth.
2. Stir in fresh dill.
3. Season with salt and black pepper to taste.
4. Taste and adjust seasoning if needed.
5. Storage

Store in an airtight container in the refrigerator for up to 4 days. Stir before using.

Nutrition per serving (approximate): Calories: 95 Protein: 2g Fat: 7g Carbohydrates: 3g