

*Making it delicious*

# Honey Mustard Dip



## Ingredients

- 1/4 cup mustard
- 1/4 cup honey
- 1/4 cup plain yogurt
- 1/4 tsp. salt (or to taste)

Dressing additions (optional):

- Olive oil (2-4 Tbsp.)
- Apple cider vinegar (1-2 Tbsp.)
- Garlic powder (1/4 tsp.)
- Onion powder (1/4 tsp.)



## Instructions

- In a bowl or wide-mouthed jar, combine the mustard, honey, and yogurt. Whisk or shake well to combine until smooth. Add the salt to taste.
- To make it more of a salad dressing than a dip, mix in olive oil, cider vinegar, garlic powder and onion powder. Stir well!
- This dip/dressing will stay fresh in the refrigerator for up to 5 days.

**Recipe adapted from: The Natural Nurturer & Cupcakles and Kale Chips**

**SERVINGS: 6 | PREP TIME: 5 MIN**