

CREAMY

SALAD DRESSING

With this recipe, make your dressing
once and for all!

Don't worry about the quantity of oil.

It's impressive at first, but it's your
supply of dressing/mayo for at least
a week, maybe two :-)

PREP 10 MIN - BLENDER OR HAND MIXER



INGREDIENTS

- 2 tablespoon Dijon mustard
- 1½ cup Greek yogurt
- ¼ cup of your favorite oil (avocado,
vegetable, etc)
- ½ cup olive oil
- 1½ tablespoon red wine vinegar
- 1 clove garlic (crushed)
- salt and pepper to taste

PREPARATION

1/ Put all the ingredients in a blender bowl, in a shaker, or any other high container.

2/ Beat together all the ingredients, either in the blender or using a hand mixer.

3/ Refrigerate in a jar until needed. This dressing will keep for up to 2 weeks in the refrigerator, unless your yogurt expires before that time.

Note: If you use Greek yogurt, you will end up with a dressing that is almost as thick as mayonnaise, but much lighter and with a good amount of protein. You can use it for deviled eggs, in sandwiches, as a dip, in potato salad, etc. For an even lower-calorie dressing, you can add extras of everything, except for the oil that you keep the same.

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