

# balance

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HEALTH & WELLNESS TIPS FOR YOUR LIFE

## Creamy Honey Mustard Dressing

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Serves: 5

**Ingredients:**

½ cup plain yogurt  
2 tablespoons honey  
2 tablespoons Dijon mustard  
Salt and pepper to taste

**Directions:**

Combine all ingredients in a medium-sized bowl, taking care to taste the dressing and adjust salt and pepper as needed.

Enjoy on any of your favorite salads; it keeps in the fridge for about a week.