

# Recipe Card

---



## Greek Yogurt Blue Cheese Dip or Salad Dressing

Recipe by Cupcakes & Kale Chips

Serves 4

Prep time: 5 minutes

Total time: 5 minutes

An easy and healthy way to make that favorite creamy salad dressing or dip for wings, veggies, or chips. Vegetarian, gluten free, and low carb.

### Ingredients:

1/2 cup plain Greek yogurt

1 1/2 Tbsp. apple cider vinegar

1 Tbsp. olive oil

1/4 tsp salt

1/4 tsp dry mustard

1/8 tsp cayenne pepper

1/2 cup crumbled blue cheese

### Directions:

1. Combine all of the ingredients except the blue cheese in a bowl, and stir until well-mixed.
2. Gently stir in the blue cheese, so that you don't completely break up the nice, large chunks.
3. Use for dipping veggies or put on top of a salad, on a sandwich, in a wrap...

*Nutrition information: Serving: 0.125cup | Calories: 115kcal | Carbohydrates: 1g | Protein: 6g | Fat: 9g | Saturated Fat: 4g | Cholesterol: 14mg | Sodium: 392mg | Potassium: 43mg | Sugar: 1g*

<http://www.healthiestbest.com/quick-and-healthy-meals>