



Niki's Honey Mustard Dressing Recipe

Serves 4 Prep 5 mins

Ingredients

1 cup plain low fat yoghurt
4 tsp dijon mustard
2 tbs honey
1 tsp cider vinegar

Method

Whisk all the ingredients together in a small bowl and serve with your favorite dishes.

Tips

Plain low fat yoghurt is a great substitute for mayonnaise and helps reduce your calories, fat and salt intake. This dressing is delicious in caesar salads or coleslaws and also great with potatoes, chicken and tuna. This dressing will keep well in the refrigerator for a couple of days.

Niki's Italian Dressing Recipe

Makes 1 cup Prep 10 mins

Ingredients

1/2 cup extra virgin olive oil
1/4 cup lemon juice
1/4 cup balsamic vinegar
1 tbs dijon mustard
3 crushed garlic cloves
1 small red onion, finely chopped

Method

Place all the ingredients together in a screw top jar or sealable container and shake well or whisk together in a small bowl.

Tips

Serve as you wish or try placing dressing in a pump or spray bottle and spray onto your salad to save on calories. This dressing will keep well in the refrigerator for a couple of days.