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▶▶ June 2014 ◀◀

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Creamy Blue Cheese Dressing

- 1/3 Cup reduced-fat mayonnaise
- 1/3 Cup nonfat buttermilk, or nonfat milk
- 1/3 Cup nonfat plain yogurt
- 2 Tbsp tarragon vinegar, or white vinegar
- 1 Tbsp Dijon mustard, mustard
- 1/2 Tsp salt
- 1/2 Tsp freshly ground pepper
- 1/4 Cup crumbled blue cheese, (1 ounce)

- 1) Whisk mayonnaise, buttermilk (or milk), yogurt, vinegar, mustard, salt and pepper in a medium bowl until smooth. Add cheese and stir, mashing with a spoon until the cheese is incorporated.

Makes 1 1/4 Cups

