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## Creamy Curry Dressing

- ½ Cup nonfat plain yogurt
- ½ Cup low-fat mayonnaise
- 3 Tbsp lemon juice
- 2 Tbsp water
- 1 Tbsp honey
- 1 Tsp curry powder
- ¼ Tsp salt
- ¼ Tsp freshly ground pepper

- 1) Place yogurt, mayonnaise, lemon juice, water, honey, curry powder, salt and pepper in a bowl or a blender; whisk or blend until smooth.

Makes 1 Cup

