

DIJON DIP

Tastes great with [Dijon Dippers](#).

Yield

1 cup (250 mL)

Ingredients

1 cup	lower-fat plain yogurt*	250 mL
1/4 cup	finely chopped green onion	50 mL
1	garlic clove, minced	1
1 tsp	Dijon mustard	5 mL

Directions

Combine all ingredients.

Nutrient Content

Per (1 Tbsp/15 mL) Serving: Energy: 10.8 Kcal · Carbohydrate: 1.3 g · Protein: 0.9 g · Fat (Total): 0.3 g
· Calcium: 30 mg

*Nutrient content is based on partly skimmed 1.5% MF yogurt