

# Dips

## Honey Mustard Yogurt Dressing

Yield: 6 servings

### Ingredients:

- 1 cup plain low fat yogurt
- 3 tablespoons sweet honey deli-style mustard
- 2 teaspoons honey
- 1 teaspoon salt
- 1 teaspoon sugar

### Directions:

1. Stir all ingredients together until well blended.
2. Store in refrigerator until ready to serve.

## White Bean Ranch Dip

Yield: 16 servings

### Ingredients:

- 3/4 cup white beans, cooked
- 1/2 cup non-fat Greek yogurt
- 1/2 cup cottage cheese
- 1/4 cup dry Ranch Spice mix

### Directions:

1. If beans are dry, soak overnight in cold water, under refrigeration. Cook until very tender, strain and cool. If canned, drain and rinse and place in bowl.
2. Combine all ingredients in a food processor and blend until smooth and creamy.
3. Refrigerate immediately.