

Lemon Poppyseed Dressing

Diabetes Friendly

Items Needed: mixing bowl, whisk, measuring cups and spoons

Makes: Approximately 1 cup of dressing

Ingredients:

- 1/2 cup unsweetened vanilla greek yogurt (the closer you can get to no added sugar the best.)
- 1/4 cup olive oil
- 2 Tbsp Lemon Juice
- 1 Tbsp Poppy Seeds
- Agave, honey or stevia if needed to taste.

Directions:

1. Combine all ingredients in a mixing bowl and adjust seasonings or sweetener to taste.
2. You can also use this base dressing as a template for other dressing, strawberry balsamic yogurt dressing, lemon honey yogurt.

