

# Honeyed Yoghurt Dressing

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small to medium bowl  
measuring cups and spoons  
garlic crusher/mincer  
metal whisk  
airtight container for storage

## Do this

## with these ingredients

1. To the bowl, **add**

1 cup **plain yoghurt of choice**  
¼ cup **apple cider vinegar or lemon juice**  
¼ cup **macadamia, avocado, or olive oil**  
1 TBS **raw honey or pure maple syrup**  
1 clove **garlic**, crushed/minced (optional)  
½ tsp **unrefined salt**  
10 grinds freshly cracked **black pepper**

2. **Whisk** until well combined.

3. **Taste** and **add** more salt if necessary.

4. **Store** in an airtight container in the refrigerator and **use** within a week or two depending on the freshness of your yoghurt.

