

YOGURT DRESSING FORMULA

Whisk everything together until smooth.

Base Dressing Formula

- 1 cup plain Greek yogurt (full-fat or low-fat)
- 2 tablespoons lemon juice or vinegar
- 1-2 tablespoons olive oil
- 1 garlic clove (minced) or 1/2 tsp garlic powder
- 1/2 teaspoon salt
- Fresh black pepper to taste



Lemon Dill

- Add 1 tbsp fresh or 1 tsp dried dill
- 1 tsp Dijon mustard
- Optional:** pinch of lemon zest

Italian Herb

- 1/2 tsp each of oregano and basil
- 1/4 tsp thyme
- 1 tbsp lemon juice
- Optional:** 1 tbsp grated parmesan or vegan alternative

3 Easy Flavor Twists

Chipotle

- 1 chopped chipotle pepper in adobo
- 1 tsp honey or maple syrup
- 1/4 tsp ground cumin

Storage Tips & Uses

- Store in the fridge for up to 7 days
- Stir or shake before each use
- Adjust thickness with water or more yogurt