

# Creamy Cilantro Dressing

4 SERVINGS 5 MINUTES



## INGREDIENTS

- 1/3 cup Plain Greek Yogurt (24 Hour Homemade Yogurt)
- 1/4 cup Cilantro (roughly chopped)
- 1 tbsp Lime Juice
- 1 1/2 tbsps Raw Honey
- 1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	39	Iron	0mg
Fat	0g	Vitamin D	8IU
Carbs	8g	Folate	1µg
Fiber	0g	Magnesium	1mg
Protein	2g	Zinc	0mg
Vitamin C	3mg		

## DIRECTIONS

- 01 Add yogurt, cilantro, lime juice, honey and sea salt to the bowl of a food processor. Blend until smooth. Add water to thin the consistency of the dressing if necessary.
- 02 Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

## NOTES

### RECIPE ID 223

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is approximately two tablespoons of dressing.