

Appetizer

Fresh Lemon Curried Yogurt Dip

Publix Apron's

3/4 cup plain yogurt
2 teaspoons curry powder
1 teaspoon lemon juice
1/2 teaspoon honey
1/4 teaspoon black pepper
1/8 teaspoon hot sauce

In a bowl, blend all of the ingredients together.

Chill and serve.

Serving Ideas: The yogurt can be drained in cheesecloth for a thicker, richer dip.

Per Serving (excluding unknown items): 140 Calories; 7g Fat (40.5% calories from fat); 7g Protein; 15g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 103mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.