

# Sweet Mustard Dip

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**Servings: 8**

*1 cup apple butter*

*1/2 cup Dijon mustard*

In a bowl, mix the apple butter and Dijon mustard well.

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Per Serving (excluding unknown items): 85 Calories; 1g Fat (6.6% calories from fat); 1g Protein; 20g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 188mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 1 1/2 Other Carbohydrates.