

Horseradish Greek Yogurt Sauce

Serving Size: 2 TBSP

Makes 8 servings

Ingredients:

1 cup	Greek Yogurt, Non-Fat, Plain
3 Tbsp	Horseradish, Prepared
1/2 tsp	Garlic, Minced
1/2 tsp	Salt
1/4 tsp	Red Pepper Flakes
1/4 tsp	Black Pepper

Preparation:

1. In a bowl, whisk together fat free yogurt, horseradish, garlic, salt, red pepper flakes, and black pepper until combined. Store chilled until ready to use.

NUTRITION FACTS	
PER SERVING	
calories	20
total fat (g)	0
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	150
total carbohydrate (g)	2
dietary fiber (g)	0
sugar (g)	1
protein (g)	3

RD Tip:

For a complete snack, portion ½ cup and serve with your favorite fresh veggies and whole grain pita chips.

Try amping up the flavor with whole grain mustard or your favorite fresh herbs like parsley.



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