

## Honey Mustard Dip [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]

Yields approximately 4 servings.

Honey mustard makes a delicious spread for sandwiches and a fantastic dip for chicken and veggies.

What's more, making it at home is incredibly easy — and you can eliminate the unhealthy ingredients that store-bought varieties contain.

You'll need to use mustard as a base, so be sure to look for varieties that don't have any additives. Alternatively, you can make your own. Combine 2 tablespoons (6 grams) of whole mustard seeds with 1/4 cup (25 grams) of ground mustard, 1/2 teaspoon of salt, 1/4 cup (60 ml) of water, and 1 tablespoon (15 ml) of white vinegar. Cover and store at room temperature for 2 days before enjoying.

### **Ingredients:**

1/4 cup (60 ml) of honey

1/4 cup (60 grams) of plain, nonfat Greek yogurt

1/4 cup (60 grams) of Dijon mustard (homemade or store-bought)

1 tablespoon (15 ml) of lemon juice

**Directions:** In a small bowl, whisk the honey, Greek yogurt, Dijon, and lemon juice. Serve immediately, or store in an airtight container in the fridge for a few hours before serving.

**NUTRIENTS PER SERVING:** Calories: 86 Protein: 1 gram Carbs: 18 grams Fat: 0 grams