

Creamy Salad Dressing- Low fat (Soups & Salads)

1 cup low fat yogurt (regular or Greek)
2 Tbsp. of selected vinegar; cider, wine, tarragon, or balsamic
2 Tbsp. Halladay's Buffalo Chicken & Blue Cheese Seasoning
Tbsp. honey

Whisk together ingredients until well blended. Add 2-4 Tbsp. of oil or milk to thin, if desired.