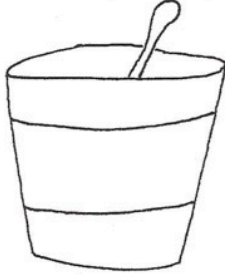


choose your own YOGURT SAUCE

CHALLENGE

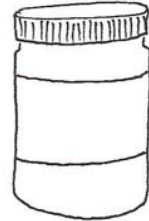
Name:

① Start with plain yogurt.



② stir in up to 2 tablespoons of:

MUSTARD or TAHINI

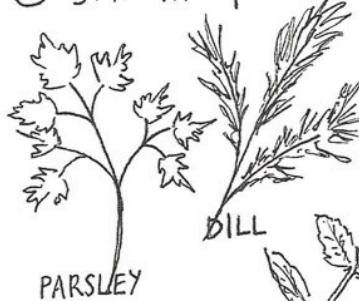


OR skip to step ③

③ stir in up to 1 teaspoon of:

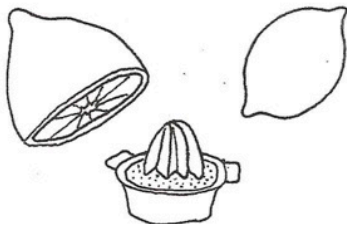


④ stir in up to 1/4 cup, chopped, of:



⑤ stir in up to 2 tablespoons of:

LEMON or LIME



⑥ stir in up to 2 teaspoons, minced, of:



GARLIC

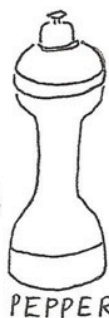


ONION

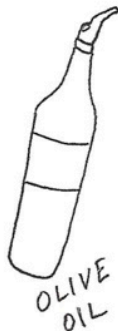
OR skip to step ⑦

⑦ season to taste with:

SALT



PEPPER



OLIVE OIL

⑧ Taste, and return to steps 2-7 as desired.

⑨ ENJOY! Delicious as a sauce or dip for vegetables, a marinade for meat, a drizzle for falafels or savory pancakes or a dressing for salads and cole slaw.

Fill out your recipe here!

