

# Creamy Jalapeno Lime Dressing

**CONDIMENTS** Makes approx 9 tbsp

*A spicy, creamy dressing made with Greek yogurt, fresh jalapeno and lime.*

## Ingredients

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- 1/2 cup 0% Greek yogurt
- 1-2 tbsp fresh squeezed lime
- 1 tsp lime zest
- 1 jalapeno, seeded and chopped
- 3 tbsp fresh cilantro leaves

## Directions

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1. Place all of the ingredients in a medium-sized bowl.
2. Using an immersion blender, pulse until smooth
3. You can also use a food processor if you prefer.

## Notes

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Will keep for 1 week in the refrigerator.

Use on salad, tacos, chicken, fish or as a dip.



## Macros

Per 1 tbsp of dressing

Calories : 8  
Protein : 1.1g  
Carbs : .7g  
Fat : .1g

\*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used.