

Oil-Free Blue Cheese Dressing



Prep time

10 mins

Total time

10 mins

Transform your greens and vegetables with this full body oil free dressing or dip.

Serves: $\frac{3}{4}$ cup

Ingredients

- 1 1/2 cup of full fat Greek Yogurt
- 1/3 to 1/2 cup of blue cheese crumbles (add to taste)
- 1/4 cup milk or half n half (for thinner dressing add more for a thicker dip texture add less
- 1/4 teaspoon salt (or more to taste)
- Fresh ground black pepper

Instructions

1. Place all the ingredients in a medium mixing bowl. Stir until thoroughly mixed. Taste and adjust seasonings adding a little more salt and pepper if needed.