

# HONEY MUSTARD DIP



*Recipe developed by Joanna Hanson*

	Ingredients	Exchanges
Fat	30g mayonnaise	6
Carbohydrate	8.5g yellow mustard	1
Other	2 drops liquid stevia or saccharin	

## DIRECTIONS

- Weigh the ingredients using a gram scale.
- In a small bowl, mix together the mayonnaise and yellow mustard.
- Sweeten with liquid stevia or saccharin.
- Serve chilled.