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### **Creamy Lemon and Mint Dressing**

**Ingredients:**

Fresh mint leaves, 5  
Lemon juice, 1 slice  
Lemon zest, 1/2 lemon  
Honey or liquid Stevia, 1 tsp  
Fat-free Greek yogurt, 170 g  
Himalayan rock salt, 1 pinch  
Freshly milled black pepper, 1 pinch  
Water, 1 tbsp (or more for a thinner consistency)

**Directions:**

1. Using a sharp knife, chop the mint into very thin strips.
2. Place all of the ingredients, including the mint, into a bowl. Give it a good stir. Be careful not to use too much lemon juice or your dressing will curdle. If you want a more lemony flavor, add more lemon little by little, stirring each time. You could also use a bit more rind.
3. Leave the mixture in the fridge for at least an hour to meld the flavors. When ready to use, add a little extra water and drizzle.