

Lemon Herb Yogurt Spread

Makes: 8 servings



Total Time: 5 minutes active, 24 hours inactive

Ingredients:

16 oz. plain, low-fat yogurt (fat free yogurts do not work as well because of the added binders)

2 Tbsp. D'Avolio Lemon Fused Oil

½ cup fresh herbs, chopped (try parsley, mint, thyme, or dill)

Kosher salt and pepper to taste

PREPARATION

1. Line a fine sieve with a clean coffee filter or several layers of fresh cheese cloth and place the sieve over a bowl. Place yogurt in the sieve, cover, and place the yogurt and bowl in the fridge, covered for 12-24 hours.
2. Remove yogurt and discard the liquid whey in the bowl. Transfer thickened yogurt into a clean bowl and stir in D'Avolio Lemon Fused Oil and fresh herbs. Season to taste with salt and pepper. Keep chilled in the fridge before serving.

Serve the simple spread on sandwiches, toast, crackers, or cucumber slices. Use it as a dip for fresh veggies or mix with cooked chicken for an instant chicken salad.

Nutrition: 70 calories; 4.5g fat (1g saturated); 4g carbohydrates; 3g protein; 115mg sodium