

## Yogurt-Blue Cheese Dressing

½ cup

- 123 g plain yogurt
- 35 g or more crumbled blue cheese
- ¼ tsp minced garlic, optional
- Salt and freshly ground black pepper
- Lemon juice, if necessary.

1. Combine yogurt or sour cream with cheese and garlic
2. Add some black pepper, then taste and
3. Add salt and lemon juice to taste.

