Lemon Mayo

Ingredients

• 3 tbsps of 0 or 2% greek yogurt
• 1 tbsp mayonnaise
• Juice ½ lemon

Making it

• Combine and set in fridge (about 20 minutes)
• Enjoy in sandwiches or as a sour cream substitute

MAYO NUTRITION FACTS

Servings: 4
PER SERVING
Calories (kcal): 39
Fat (g): 5
Carbohydrate (g): 0.4
Fibre (g): 0
Protein (g): 0.8

Tips & Hints

This makes a great accompaniment to yam wedges, burgers and wraps!