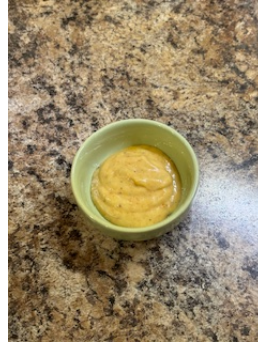


HONEY MUSTARD

Ingredients:

- 2 1/2 tablespoons low fat mayonaise
- 1 teaspoon Dijon mustard
- 1 teaspoon yellow mustard
- 1 tablespoon honey
- 1/8 teaspoon garlic powder
- 1/8 teaspoon paprika
- Pinch of sea salt and pepper (a few grinds each)



Instructions:

- (1) Mix all ingredients and stir well. Use as a dip for potatoes, chicken, etc. It is flavorfull and not *too* terrible for you.