

Curried Yogurt Sauce

4 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- ½ cup plain, low-fat Greek yogurt
- 2 Tablespoons freshly squeezed lemon juice
- 1 Tablespoon honey
- ½ teaspoon curry powder

DIRECTIONS

1. Mix all ingredients in a large bowl. Let sit for 15 minutes before serving.

Nutrition Facts

4 servings per container	
Serving size	2 Tablespoons
Amount per serving	
Calories	35
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 53mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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