

Creamy Herb Dressing (Low FODMAP)



Enjoy the perfect marriage of fresh herbs with a creamy and smooth texture. Easy to prepare, this dressing will add an explosion of flavors to all your salads. Elevate your salad game with this delightful dressing today!

Preparation 5 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 40

Fat 4

Carbohydrates 0

Fibre 0

Protein 1

Sodium 0

Ingredients

- 45 ml (3 tbsp) 2% plain lactose-free yogurt
- 30 ml (2 tbsp) fresh herbs of your choice (tarragon, cilantro, basil, chives), chopped
- 15 ml (1 tbsp) lime juice
- 15 ml (1 tbsp) extra-virgin olive oil

1. In a bowl, mix all ingredients together with a whisk or a fork. Enjoy with a salad or on a side of grilled or steamed vegetables.

Try our Low FODMAP [Asian Orange Dressing](#) or our [Dijon Mustard Dressing](#), both delicious and suitable for a low FODMAP diet.

Notes

Can be stored up to 4 days in an airtight jar.



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