

Buffalo Blue Sauce

Makes 6 servings

1/4 c plain, nonfat yogurt
1 T mayonnaise
1/2 t paprika
1/4 t chili powder
1/2 t onion powder
1 t hot sauce
2 T crumbled blue cheese
Black pepper to taste



Combine all ingredients and mix thoroughly. Serve chilled.

Nutrition information per serving (~2 T): 30 calories, 2g fat, 1g protein.

