**Fat-Free Honey Dijon Dressing**

I like to use this dressing as a dip for baked chicken pieces.

Makes 3/4 cup

1/4 cup Dijon Mustard

1/4 cup white wine vinegar

5 tbsp liquid honey

2 tbsp instant skim milk powder

1 tsp onion powder

1/2 tsp dry mustard

1. In a bowl, whisk together mustard, vinegar, honey, milk powder, onion powder and mustard until blended. Refrigerate in a sealed container for 2 hours prior to use.

**Jar method:**

Place everything in a jar and shake for 10 seconds.