

## **Blue Cheese Dressing**

1 cup light sour cream, full fat or reduced fat

1 cup full fat Hellmann's mayo

4 oz. blue cheese crumbles

½ tsp garlic powder

½ tsp dry mustard

½ tsp salt

½ tsp ground black pepper

Mix it up and enjoy!

This is very thick and can be used as a dip for veggies.

This recipe can be made with light mayo, but it seems to thin out over time.

Read more: <http://blog.kitchentherapy.us/2009/06/gluten-free-fathers-day-dinner/>

**Kitchen Therapy**  
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