



## Yogurt Sauce for Tikka Masala

Makes 2 cups

- 2 cups plain yogurt
- 3 tablespoons Perry's Curry Mix  
(see separate recipe)
- 1 tablespoon honey

### Directions

Blend all of the ingredients together until smooth and creamy. Serve drizzled on and alongside tikka masala (see separate recipe).



**For more healthy recipes,  
please visit Your Healthy Kitchen  
via [www.yrmchealthconnect.org](http://www.yrmchealthconnect.org)**

### NUTRITION INFORMATION

#### PER ½ CUP:

Calories	90
Fat	2 g
Saturated fat	1 g
Protein	6 g
Carbohydrate	12 g
Fiber	0 g
Sodium	85 mg
Potassium	2 mg

Cost per serving: \$ .80