



Low fat Caesar dressing!



Serves	Prep Time	Cooking	Total Time	Calories
4 people				46 kcal

Stuff that's in it:

- 100G Extra Light Mayonnaise
- 1 Small Clove Of Garlic (Finely Chopped)
 - 1Tsp Lemon Juice
- 1Tbsp Fresh Parsley (Finely Chopped)
 - 40Ml Skimmed Milk
 - 15G Grated Parmesan

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What you do:

Mix all the ingredients together until you get a creamy sauce.

Drizzle all over your chicken, bacon or whatever you like ... it's good!

Show us some if you love.

Nutrition

- Carbs: 3g
- Fat: 2g

• Protein: 2g

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