

# Betty's Homemade Poppy Seed Dressing



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In this video, Betty demonstrates how to make Homemade Poppy Seed Dressing. This is a quick blend of only 4 ingredients, and it tastes luscious as a fruit dip or as a dressing for salads. (This recipe makes only a small amount. You may double the recipe, or multiply by 4, depending on how much you need.)

## Ingredients:

½ cup mayonnaise  
2 tablespoons sugar  
1 tablespoon poppy seeds  
1 tablespoon lemon juice

In a small bowl, combine ½ cup mayonnaise, 2 tablespoons sugar, 1 tablespoon poppy seeds, and 1 tablespoon lemon juice. When smooth, pour into a small pitcher or cruet for serving on salad. Use a small bowl for dipping fruit. Yummy! I hope you enjoy this sweet-tart dressing! --Betty :)