



This sauce is perfect as a white sauce option for bakes like lasagne , moussaka , vegetable bakes !

BECHAMEL WHITE SAUCE:

- 1 egg
- 100g Philadelphia Light
- 100g Fat Free Natural Greek Style Yogurt
- 2 teaspoons whole grain mustard
- Pinch of nutmeg (optional)

WHITE SAUCE:

- Low calorie so simple and tasty! Whip the cheese, yogurt, mustard and egg together and set to side.