



LOW FAT SPICY SRIRACHA MAYO SAUCE



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Ingredients:

- 125g 0% Fat Plain Yogurt
- 125g Low Fat Mayonnaise
- 85g Sriracha chili sauce- add to taste
- 15g finely minced garlic
- Juice from 1/2 lemon or 1 lime or both
- Salt to taste

How To Use:

Use this sauce to dress up just about everything:

- Tuna
- Salmon
- Steak
- Ground Beef
- Burgers
- Veggies
- Wraps
- Sandwiches
- Salads
- Sweet Potato Fries
- Literally anything :)

Directions:

1. [Here is a video on how I did everything.](#)
2. Mix & blend everything listed under ingredients by hand with a spoon or whisk or in a [Ninja food processor](#) for 60 seconds.
3. Voila! Your sauce is ready.
4. Save & refrigerate the remainder of your sauce in a [mason jar](#) for tomorrow. Yum yum!

Serving Size: 30 grams

Macros per serving of sauce:

- **46 calories**
- **1.4g Protein**
- **4.9g carbs**
- **2.9g fat**



THOR
The magic awaits you