

Sweet and Spicy Sauce (THM S or FP)

Serving Size: Multiple

Ingredients:

- ½ cup Sugar Free Mayonnaise (Greek Yogurt or Almond Milk Yogurt for FP)
- ¼ cup Hot Sauce
- 1 ½ tsp of Super Sweet
- ½ tsp of Vanilla extract.
- 1 pinch mineral salt.

Directions:

Mix all ingredients together in a small bowl and enjoy!

Notes:

This is fairly spicy, reduce the amount of hot sauce if you if you or your family only enjoy lightly spicy.