

LEMON GARLIC SAUCE^o



SERVES: 5 (2 Tbsp. each) Prep Time: 10 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving):  1




- 2 Tbsp.** fresh lemon juice
- 1** large egg yolk, pasteurized*
- 2 cloves** garlic, crushed
- 1 Tbsp.** Dijon mustard
- 1 Tbsp.** whole-grain mustard, gluten-free
- Sea salt (or Himalayan salt)
and ground black pepper
(to taste; optional)
- 3 Tbsp.** extra-virgin olive oil


- 1.** Combine lemon juice, egg yolk, garlic, and mustards in a small bowl; mix well.
- 2.** Season with salt and pepper, if desired.
- 3.** Slowly add oil, whisking continuously until well blended.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 92 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 37 mg Sodium: 203 mg Carbohydrates: 2 g Fiber: 0 g Sugars: 0 g Protein: 1 g

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.