



“HONEY” MUSTARD DRESSING

By Dr. Cindy Tanzar
(Standard/Maintenance)

This popular dressing/sauce is frequently requested by our clients. It just goes so well with so many things... salads, sausages, burgers, chicken, etc. This recipe is so simple and can be made in just 5 minutes. Bump it up a notch with our GHS Healthy Mayonnaise recipe (on Facebook Client Page under “Files”). Eighteen drops of stevia may seem like a lot, but you are replacing honey, which is very sweet. You can always cut your stevia to 9 drops, taste it and add more to your liking. Makes approximately 5-6 servings. One serving equals two Tablespoons and covers your fat for one meal.



INGREDIENTS

1/2 cup mayonnaise (GHS Healthy Mayo or Primal Kitchen mayo)
1 Tbsp Bragg’s Apple Cider Vinegar
1 Tbsp yellow mustard



2 tsp Dijon mustard
1 tsp garlic powder
1/2 tsp smoked paprika
18 drops liquid stevia (or to taste)

INSTRUCTIONS

Whisk all ingredients together in a small bowl. Best refrigerated at least two hours.