



MUSHROOM BUTTER

By Dr. Cindy Tanzar
(Standard/Maintenance)

Makes 6 servings. A serving is 1 tbsp butter and covers your fat at your meal.



INGREDIENTS

6 Tbsp Kerry Gold butter (soft), divided
4 oz. mushroom, finely chopped
Pink Himalayan salt & freshly-ground pepper, to taste
2 cloves garlic, finely minced

DIRECTIONS

In a medium saucepan over medium heat, melt 2 Tbsp butter. Add mushrooms and sauté until golden brown (4-6 min).

Add garlic, salt & pepper - cook 1 minute. Remove and let cool. Using a fork, mix with remaining 4 Tbsp of butter. Place butter onto wax paper, wrap and roll into a log. Refrigerate until firm.