



## SIMPLE LEMON SAUCE

By Dr. Cindy Tanzar  
(Standard and Maintenance Plans)

This sauce is so easy to make and goes well with any vegetable or meat recipe.

Makes 6 servings. One serving is one tablespoon and covers your fat for one meal.



### INGREDIENTS

4 Tbsp Kerry Gold butter  
Juice of 1/2 a fresh lemon  
2 Tbsp organic heavy cream

### INSTRUCTIONS

Melt the butter gently in a small sauce pan. Add the lemon juice and heavy cream. Mix well and pour over vegetables or meat.