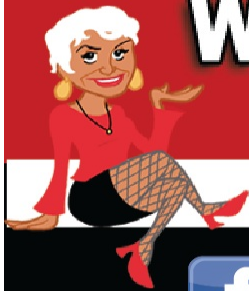


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HORSERADISH-MUSTARD SAUCE

Basic Lifestyle

Ingredients

½ cup freshly shredded horseradish
1 TBS Dijon mustard
1 cup fat-free sour cream
1 TSP Splenda
pinch of Morton's Lite salt, to taste

Instructions

Mix all ingredients together in a small bowl. Chill well before serving. Serve with beef or fish.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 2 TBS (30 calories of Fat)