



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Big Mac Sauce *Low Carb Keto*

1.2g NET Carbs (Low Carb Keto)

This is a Delicious Big Mac Sauce that's as good as the original recipe. It can be used on burgers, meats, dipping sauce for veggies. It's a simple and easy recipe that Big Mac Lovers will LOVE!



6 Servings: 1serving = | Calories: 130kcal | Carbs: 2g
Protein: 1g | Fat: 14g | Fiber: 1g | Net Carbs: 1g

INGREDIENTS

1 cup Mayo
¼ cup Yellow Mustard
10 Small Gherkins Pickles
¼ Small Onion (Spanish Onion)

1 tbsp Paprika
1 tbsp Garlic Powder

Instructions:

1. Dice Pickles and Onion into very small pieces.
2. Add all Ingredients into a bowl and mix together.
3. Can be stored for one week refrigerated