



# WEIGHT ★ NO ★ MORE DIET CENTER<sup>SM</sup>



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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)