



Slaw Sauce

Ingredients

1 single serving container plain,
0% fat Greek yogurt
2 packets Stevia in the Raw
1 ½ T cider vinegar.
1 tsp black pepper.
½ tsp salt.
¼ tsp dry mustard.
⅛ tsp celery seed.
4 handfuls Slaw Salad or purchased
slaw mix
Grapeseed oil



Directions

Whisk together all ingredients in a bowl except Slaw Salad & grapeseed oil.

Pour over Slaw Salad and toss to combine. Mist with grapeseed oil and toss to integrate oil. Repeat 2 more times. Allow salad to set 2-3 hours or overnight then serve.

Macro Count:

The only thing you need to count is the yogurt so your macros will depend on which brand of yogurt you use.

Quick Prep Idea Tips:

Keep a few small baggies of the dry ingredients already pre-measured and combined in your spice cabinet for a quick grab and mix in the morning when packing your lunch.

Makes a great dip for veggies or dressing for salads.

Whip this up first thing in the morning and let meld in the fridge or your cooler for a snack later in the afternoon or evening.

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