

ASHLEY'S MEAL PREP MONDAY

CARTWRIGHT'S
MARKET

YUM YUM SAUCE

1 cup vegan mayo
1/4 cup water
1/4 cup sugar free ketchup
or tomato paste
2 TBSP monkfruit
sweetener
1/2 TSP garlic powder
1/2 TSP paprika
1/2 TSP salt
1/8 TSP ground ginger
1/8 TSP onion powder

In small mixing bowl, whisk together
all ingredients

Cover the bowl with a lid or plastic
wrap and place in the fridge for at
least an hour

Give the sauce a stir and serve!

