



Ashley's Meal Prep Monday!



Copy Cat Chic-fil-A Sauce

INGREDIENTS

1/2 cup mayo
1/3 cup date paste
1/4 cup BBQ sauce
2 TBSP yellow
mustard

Whisk together all of the ingredients in a small mixing bowl until combined. Adjust to taste, if you want it sweeter add more date paste, if you want more of a BBQ flavor, add more BBQ sauce. Keep stored in a sealed container in the fridge.



Date Paste: 1 cup pitted dates packed combined with 1/2 cup very hot water. Let sit in a bowl for 1 minute, packing down the dates so they're in the water soaking. Place dates and liquid in a blender and process for 30 seconds or until smooth.

Recipe: wholefoodfor7.com

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