

BANG BANG SAUCE

- 1/4 cup mayonnaise
- 3 tsp sriracha sauce
- 1 Tbsp chili garlic sauce



BBQ SAUCE

- 8 ounces of canned tomato sauce
- 1 Tbsp onion and garlic powders
- 1 Tbsp chilli powder
- 2 tsp worcestershire sauce
- 2 Tbsp Dijon mustard
- 1 tsp sea salt
- 2 Tbsp apple cider vinegar
- 2 tsp liquid smoke (optional)

MAYO

- 3 boiled eggs
- 2 Tbsp Olive oil
- 1/4 cup water
- 1 tsp vinegar
- 1 tsp mustard
- Salt to taste

DIJON VINAIGRETTE

- 2 Tbsp white wine vinegar
- 2 Tbsp Dijon mustard
- 6 Tbsp olive oil
- Salt and pepper
- Chopped fresh herbs to taste (optional)

CITRUS SESAME VINAIGRETTE

- 2 Tbsp fresh orange, lime, or lemon juice (or a combination)
- 1 Tbsp white wine vinegar
- 1 tsp roasted sesame oil
- 6 Tbsp olive oil
- Salt and pepper

CREME FRAICHE DRESSING

- 1/2 cup/125 ml creme fraiche or sour cream
- 2 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 1 tsp celery seed
- Salt and pepper

YOGURT GARLIC DRESSING

- 1 clove garlic, grated
- 1 Tbsp fresh lemon juice
- 2 Tbsp plain full-fat yogurt
- 5 Tbsp olive oil
- Salt and pepper

CAESAR DRESSING

- 1/2 cup mayonnaise
- 3 Tbsp olive oil
- 1/4 cup parmesan cheese
- 1 clove minced garlic
- 1 Tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tsp anchovy paste (optional)



ITALIAN DRESSING

3 Tbsp olive oil
1 Tbsp white wine vinegar
1/2 Tbsp lemon juice
1 clove minced garlic
1 Tbsp parsley
1/4 tsp dried basil and oregano
Salt to taste

BLUE CHEESE DRESSING

1/2 cup mayonnaise
1/4 cup blue cheese
1/4 cup sour cream or yogurt
1 Tbsp lemon juice
Salt and pepper

THOUSAND ISLAND DRESSING

3/4 cup mayonnaise
2 Tbsp sugar-free ketchup
2 tsp Worcestershire sauce
3 chopped gherkins

RUSSIAN DRESSING

1/2 cup mayonnaise
2 Tbsp sugar-free ketchup
1-2 Tbsp finely chopped shallots,
1/2 Tbsp horseradish (optional)
1/4 tsp smoked paprika
Salt to taste

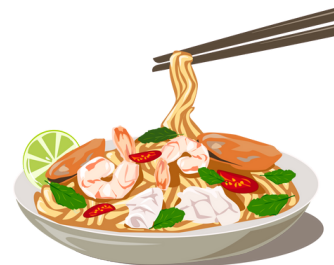
CHEESE SAUCE

1/2 cup cream cheese chopped (100 g)
2 Tbsp butter chopped (28 g)
1/4 cup heavy cream
1/2 cup shredded cheese cheddar
1/2 tsp salt and pepper to taste

Add the chopped cream cheese, butter, and heavy cream into a small saucepan and place over low heat and whisk until melt and smooth. Add the shredded cheese, salt, and pepper, and gently whisk until the cheese has melted.

STIR FRY SAUCE

1/2 cup icken broth
3 Tbsp soy sauce
1 Tbsp fish sauce
1 Tbsp white vinegar
2 Tbsp keto brown sugar
1/2 tsp xanthan gum



TERIYAKI SAUCE

1/2 cup soy sauce
1/3 cup keto brown sugar
2 cloves garlic minced
1 tsp ginger freshly grated
2 Tbsp water

FRENCH DRESSING

3 Tbsp olive oil
1 tsp Dijon mustard
1 Tbsp white wine vinegar
1/2 tsp sugar substitute