

SIMPLE LEMON SAUCE

(Standard and Maintenance Plans)

This sauce is so easy to make and goes well with any vegetable or meat recipe. One serving is one tablespoon and covers your fat for one meal.



INGREDIENTS FOR LEMON SAUCE

4 Tbsp Kerry Gold butter
Juice of 1/2 a fresh lemon
2 Tbsp organic heavy cream

INSTRUCTIONS

Melt the butter gently in a small sauce pan. Add the lemon juice and heavy cream. Mix well and pour over vegetables or meat.