



# Creamy Buffalo Sauce



prep time  
5 minutes



total time  
5 minutes



servings  
1 cup  
for whole batch

## Ingredients

- 1/2 cup Frank's Red Hot Sauce
- 1/4 cup mayonnaise, use **THIS** recipe or get one which has template compliant ingredients ~4 fat servings
- 3 Tbsp ghee ~ 3 fat servings
- 1 Tbsp coconut aminos
- 1 tsp apple cider vinegar
- 1/2 tsp garlic powder

## Instructions

- 1 Combine all ingredients into a bowl and whisk until smooth.
- 2 Store in a sealed container in the fridge for up to 2 weeks.

Whole recipe serving breakdown:  
The whole recipe is approximately 7 servings of fat.  
One tablespoon could be a serving for your meal.



🍴 sauce

🍴 dip