

French Dressing

Ingredients:

- ¾ cup Splenda
- 1 cup oil
- 1 tsp salt (*optional*)
- 1 tsp paprika
- ½ cup apple cider vinegar
- ½ cup low-carb ketchup (like Heinz)
- 2 Tbsp minced onions
- 2 tsp lemon juice

Directions:

1. Combine all ingredients in a food processor or blender.
2. Beat until thick for about 10 minutes.
3. Store in refrigerator.

Hint: Great on a taco salad.

For Our Program:

Nutrition Information:

Servings = 2Tbsp

Carbohydrates per serving = 2g