

Sauces

Dipping Sauces

Dash Magazine

BBQ SAUCE DIP

1/2 cup BBQ sauce

1/2 cup raspberry jam

balsamic vinegar

brown sugar

CREAMY DIP

1/2 cup sour cream

3 tablespoons mayonnaise

2 teaspoons dried dill

HONEY MUSTARD DIP

1/2 cup Dijon mustard

2 tablespoons honey

To make each sauce, place listed ingredient in a bowl and mix thoroughly.

Per Serving (excluding unknown items): 1153 Calories; 65g Fat (47.2% calories from fat); 11g Protein; 152g Carbohydrate; 5g Dietary Fiber; 65mg Cholesterol; 1868mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 8 1/2 Fat; 9 1/2 Other Carbohydrates.