

## **Quick Dipping Sauces**

Woman's Day Magazine

### **HONEY MUSTARD SAUCE**

**1/2 cup whole-grain mustard**

**1/4 cup honey**

### **BUFFALO SAUCE**

**1/2 cup hot sauce**

**1/2 cup ketchup**

#### **HONEY MUSTARD SAUCE:**

Combine the whole-grain mustard and honey.

#### **Buffalo Sauce**

Combine the hot sauce and ketchup.

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Per Serving (excluding unknown items): 382 Calories; trace Fat (0.9% calories from fat); 2g Protein; 103g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1427mg Sodium. Exchanges: 7 Other Carbohydrates.