

**Hot Horsepower**

1	cup	lite (5% fat) sour cream	250	mL
2	tbsp.	ground flaxseed	25	mL
1	tbsp.	cilantro, chopped	15	mL
2	tsp.	prepared horseradish sauce	10	mL
2	tsp.	Dijon mustard	10	mL
3		drops hot sauce or to taste	3	

- Combine sour cream, cilantro, horseradish and mustard in food processor.
- Blend until uniform.
- Stir in flax.
- Cover and chill ½ to 1 hour.

Yield: 1 cup (250 mL)

Serving Size: ¼ cup (50 mL)

**Single Serving Nutrient Values**

Kcal	106.31
Protein	3.05 g
Carbohydrates	5.81 g
Fat	7.91 g
Saturated	3.84 g
Monounsaturated	2.13 g
Polyunsaturated	1.57 g
Trans Fat	0 g
Cholesterol	18.75 mg
Dietary Fiber	1.71 g
Potassium	158.18 mg
Sodium	107.63 mg