

Overdrive Mustard

1	cup	lite (5% fat) sour cream	250	mL
2	tbsp.	ground flaxseed	25	mL
1	tbsp.	prepared mustard	15	mL
1	tsp.	soya sauce	5	mL
½	tsp	garlic powder	2	mL
½	tsp	dried basil leaves	2	mL
3		drops hot sauce or to taste	3	

- Combine sour cream, mustard, soya sauce, garlic powder, basil and hot sauce in a bowl.
- Whisk until well blended.
- Stir in flax.
- Cover and chill for ½ to 1 hour.

Yield: 1 cup (250 mL)

Serving Size: ¼ cup (50 mL)

Single Serving Nutrient Values

Kcal	103.13
Protein	3.25 g
Carbohydrates	6.38 g
Fat	7.55 g
Saturated	3.55 g
Monounsaturated	2.06 g
Polyunsaturated	1.58 g
Trans Fat	0 g
Cholesterol	17.75 mg
Dietary Fiber	1.88 g
Potassium	165.05 mg
Sodium	170.92 mg