



Hollandaise Sauce



ingredients



- 1 1/2 Tbsp Boiling Water
- 3 Room Temperature Egg Yolks
- 1 Stick Melted Butter
- 1 Tbsp Lemon Juice
- 1/8-1/4 Cayenne Pepper (depending on how spicy you like it)
- Salt & Pepper to taste

directions



Bring about 1/2 cup water to a boil. Put 3 room temperature egg yolks in a blender and set the setting to low. Ad 1 1/2 Tbsp to egg yolks, blending on low. SLOWLY pour in 1 stick of melted butter. Add 1 Tbsp lemon juice while still blending. Next, add about 1/4 tsp Cayenne Pepper. Salt and pepper to taste. And you're finished!

Macros: 6 servings

calories. 180
carbs. .5g
protein. 2.5g
fat. 19g

