**LOW CARB TARTER SAUCE**

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**Ingredients:**

**Sugar Free Sweet Relish**

**Light Mayonnaise or Light Miracle Whip**

**Mix together 1 TBS of Relish and 1 TBS of Mayonnaise or Miracle Whip**

**Adjust to taste**

**Serving size 2 Teaspoons (1 gram of carbs)**

**Substitute Low Carb Flat Bread for hot dog or hamburger roll**

**Cut Flat Bread into 4 rectangle pieces**

**¼ piece of Flat bread = 5 grams of carbs**

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**Substitute Lettuce for the Hamburger Roll (0 carbs)**