## Creative Food Ideas

### Personal Trainer Food<sup>™</sup>

Great Taste, Small Waist™



# Personal Trainer Food's Favorite Burger Sauce!

Sweet and tangy come together in perfect balance- this sauce is amazing on burgers and more!

#### **Personal Trainer Food Ingredients:**

 Any burger of your choice: Works Burger, Angus Burger, Garden Turkey Burger

### **Additional Ingredients:**

- ½ tsp garlic powder
- ¼ cup low-sugar ketchup\*
- ½ cup low-sugar pickle relish\*
- ½ cup mayonnaise
- 1 tsp Worcestershire sauce
- ¼ tsp black pepper

#### Instructions:

- 1. Place all the ingredients in a bowl.
- 2. Mix until everything is evenly combined.
- 3. Top your favorite burger with 1-2 tbsp of sauce.

More recipes: www.personaltrainerfood.com/user/printable-recipes.php Have a great food idea? Share it with us at www.Facebook.com/TrainerFood

<sup>\*</sup>Reminder: Select sauces that have 2g or less of sugar per serving.