



# Chick Fil A Copycat

A Delicious Mix of Honey Mustard, BBQ and Mayonnaise

Everybody in the world loves Chik Fil A sauce. Or... at least everyone loves sweet, tangy and vinegary dipping sauce. Unfortunately, the real thing has 1 billion calories per serving. The cool thing is their sauce is just a simple mix of bbq sauce, honey mustard, and mayo, so the all I had to do was cut the fat and sugar, to make a lighter version. This is a lot of ingredients because we are making our own quick BBQ and 'honey' mustard sauces, to mix together.

## Ingredients:

- 1/2 cup tomato sauce (scan to ensure 0 points)
- 2 tsp worcestershire sauce
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/8 to 1/4 tsp chili powder, to taste
- 1/8 tsp black pepper
- 2 tsp smoked paprika
- 2 Tbsp apple cider vinegar
- 2 Tbsp 0 point natural sweetener o' choice (stevia, monkfruit, truvia, swerve, etc)
- 1 Tbsp dijon mustard
- 4 Tbsp yellow mustard
- 4 Tbsp sugar free syrup (pancake syrup)
- 1 Tbsp honey
- 2 Tbsp lemon juice
- 1/4 tsp dried mustard
- 1/8 tsp ground turmeric (optional, for color)
- 1 cup fat free Greek yogurt
- 3 Tbsp light mayonnaise

## Serving Info.:

Yields: 2-1/2 cups

Servings: 9

Serving Size: 1/2 cups



Range

1-1

- last checked 11/26/21 -  
Use your mobile device's 'Camera' App to look at this code for nutritional info.



## Directions:

- 1 First, we're making the BBQ sauce part of the sauce. In a medium pan, heat and stir together the tomato sauce, worcestershire, garlic, onion and chili powders, black pepper, paprika, vinegar and sweetener. Mix till well combined, then turn off the heat.
- 2 Now, the Honey Mustard part. Add the dijon, yellow mustard, dried mustard, syrup, honey, lemon juice and turmeric. Whisk till combined. Then, add the yogurt and mayonnaise. Whisk till smooth and combined. Serve immediately or refrigerate to let the flavors meld.

## NOTES:

- If you want to use low point, store bought bbq and honey mustard sauces, look up "copycat" recipes for the famous sauce, then just sub your low point condiments into those recipes.
- If you want a more pronounced honey flavor without the points, use flavored honey extract. It's the same as vanilla extract, in baking, but honey flavored. Get it online at Walmart.
- If you can't have dairy, you can substitute the yogurt for semi firm tofu mixed with water, to thin it to the same consistency as Greek. Check connect for my post in [#dairyfreeyogurthack](#)