



Bang Bang Sauce

A creamy and INSANELY SPICY dipping sauce, for you weirdos that like that kinda stuff

For about 2 years now, people have been begging me to make a copycat version of 'The Bonefish Grill's' Bang Bang sauce. Having never been there, I was always "meh" about it. But, I decided I'd add it, since I'm revising this cookbook anyways. I just made it 1 hour ago and all I can say is... "Who in the heck eats this stuff!!!" This is like going to Hawaii, walking up to an active volcano, then leaning down and lapping up a mouthful of magma. I'm sure you folks who like spicy food will taste nuances in the sauce... but all I can taste is my tongue melting. Some of ya'll are crazy.

Ingredients:

- 1 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 4 Tbsp Asian chili sauce, I used Huy Fong chili garlic sauce.
- 1 tsp sriracha hot sauce.. because.. why not!?
- 1 Tbsp rice vinegar
- 1-1/2 Tbsp sugar free syrup (pancake)
- 2 Tbsp 0 point sugar replacement o' choice

Serving Info:

Yield: 1-1/4 cup
Servings: 5
Serving Size: 1/4 cup



R D
0-1

- last checked 11/15/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Add all of the ingredients into a bowl, whisk together till combined. Cover and set aside. It's tasty as is, but the flavors develop the longer it sits.
2. I'd recommend having a fire extinguisher handy, for when your face decides to spontaneously combust.

Notes:

- If you don't want to use mayonnaise, feel free to replace it with an extra Tablespoon of Greek, it'll still taste like fire.... but, it'll remove 1 ingredient point from the recipe.
- Make sure to use an Asian chili sauce that is 0 points. 'Sweet' chili sauces have points from the added sugars. Regular copycat recipes call for using sweet chili sauce. Instead, I'm using 0 point Asian chili sauce and adding sweetener, to mimic the flavor.

