



# Buffalo Sauce

An addictively spicy hot sauce that holds the universe together

Good old Buffalo sauce, a Holy Union between cayenne pepper-based hot sauce, vinegar and lots and lots and lots of butter. It's one of those things that everyone enjoys, but that most people trying to cut calories have to avoid because of the fat content. Well, that was true until the heavens opened, the clouds parted, choirs of angels started singing and I bestowed this virtually fat free gift upon you all. Pretty much every single "skinny" food blogger does the same exact carbon copy recipe of, "Mix hot sauce with a bucket of Greek yogurt to make Buffalo sauce, Yippie!" Sorry, Susie... Homey don't play that. I don't use Greek yogurt as a culinary crutch. Also, instead of using a bunch of butter, we're using a combination of butter flavored cooking spray, butter spread and a mix of broth, water and spices that are used in real buffalo sauce recipes.

## Ingredients:

- 6 second spray, butter flavored cooking spray
- 1/2 cup fat free chicken broth
- 1/2 cup water
- 4-1/2 tsp cornstarch
- 3/4 cup Franks Red Hot Cayenne Pepper Sauce, Original
- 2 tsp worcestershire sauce
- 2 Tbsp white vinegar
- 1 Tbsp I can't believe it's not butter Light
- 1/4 garlic powder
- 2 Tbsp plain fat free Greek yogurt
- additional salt and pepper, to taste

## Serving Info.:

Yields: 1-3/4 cups  
 Servings: 7  
 Serving Size: 1/4 cup



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

## Directions:

- 1 Spray the butter flavored cooking spray into a small sauce pot, then add the water, broth and cornstarch. Mix till the cornstarch is dissolved.
- 2 Add the hot sauce, worcestershire, vinegar, butter spread and garlic powder. Cook over high heat until the sauce comes to a rolling boil, then lower the heat to medium. Cook at a low boil for 3 minutes.
- 3 Pour the sauce into a mixing bowl and allow to cool for 15 minutes.
- 4 Add the Greek yogurt, stir or whisk until the Greek yogurt has been completely incorporated into the sauce, without lumps. Taste, season with salt or pepper, if desired. The sauce will continue to thicken as it cools. Done.

## Note:

- If you'd like this to be more of a thick, creamy dip than a sauce... stir in a bit more Greek yogurt. However adjust points if you're plan doesn't give you fat free Greek for 0 points.
- Allergic to dairy? Swap out the Greek for Tofu (\*gasp\* Ingredient swaps!!)

