

Healthy Hollandaise Sauce

2 egg yolks
2 Tbsp. fresh squeezed lemon juice
2 Tbsp. coconut milk or heavy cream
Scant amount of cayenne pepper
1 cube organic butter (yes, the whole cube)

Whip the eggs, lemon juice, coconut milk or cream and cayenne pepper in pan. As the mixture gets thick and lemon colored, begin adding the butter, stirring in by small slices till all is melted and incorporated.

Use this sauce over wild salmon, fresh omelets, spinach, you name it! It adds a delectable flavor and you'll never be satisfied with restaurant Hollandaise again!

This would also be good over the no grain spaghetti noodles.

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