

# Low Carb Reubens

THM-Friendly: S

## Thousand Island Sauce:

- 2-3 pickle spears
- 1/4 cup kefir
- 2 Tbsp. on-plan mayonnaise
- 2 Tbsp. no-sugar ketchup
- 1/2 tsp. onion powder
- 1/2 tsp. mineral salt
- 1/4 tsp. garlic powder
- a pinch of THM Gentle Sweet

## Reuben:

- two slices of THM No Carb Easy Bread
- Swiss cheese slices
- turkey slices
- fermented sauerkraut



Blend the Thousand Island sauce ingredients together in a food processor. Set aside.

In a non-stick skillet, add two slices of No Carb Easy Bread, lightly buttered.

Brown the bread on medium heat. Add sliced Swiss cheese, turkey, and fermented kraut to one slice. Top with a spoonful of the Thousand Island sauce, and the other slice of bread.

Let everything warm through for a couple of minutes, then serve with additional sauce and some fresh or grilled veggies.

enJOY!

