

Keto White Sauce - Becky Gaisford

1 brick cream cheese (8oz)

1/2 C heavy cream

1/4 C water

1 egg yolk

salt and pepper to taste

In a saucepan combine the cream cheese, cream and water and stir on low heat until all is combined. Temper the egg yolk by adding a little of the cream mix to it and stirring completely. Add back into the cream mix. Cook, stirring constantly until the mixture has thickened. Season with salt and pepper to taste. If desired, add 1 package Truvia to sauce. Serve warm on asparagus spears, spinach, fish, shrimp, eggs, etc.