Easy Hollandaise Sauce

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 6

Nutrition Information Per Serving

194.4 calories, 0.38 g carbohydrate, 0 g fiber, 0.38 g NET carbs, 1.55 g protein, 21.18 g fat

Ingredients

- 1/2 tsp(s) sea salt
- 10 Tbsp(s) grass-fed salted butter
- 3 large(s) pastured egg yolks
- 1 Tbsp lemon juice

Preparation

1. Melt the butter over low heat, just until melted.
2. Add the egg yolks, salt and lemon juice in a blender. Blend for 30 seconds until pale yellow.
3. Turn blender to lowest setting and drizzle in the melted butter, a few drops at a time. Continue blending until the mixture emulsifies and becomes thick.
4. Keep warm and drizzle over your favorite fish and meats.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.