

Fish Tacos w/ roasted Poblano & Serrano Pepper Sauce

Grilled Fish

Corn tortillas

Cole Slaw cabbage mix

Rub three Poblano and two Serrano peppers with olive oil and roast on 350 for about 20 minutes then scrape out the seeds and put them in the blender.

I eye balled all this -

About a cup of plain Yogurt (I bought some that's made from grass fed cows)

½ cup of Mayo

½ cup of Sour cream

3 Cloves of garlic chopped

Teaspoon of Honey

Squeeze about ½ a lime

In Blender

This sauce turned out delicious with a nice kick!

Sue



Sue Seward

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<http://www.GlutenFreeLady.com>

My Success Blog - <http://www.SueSeward.com>

For more information about Yoli's Better Body System & Products visit -
<http://www.SuesBetterBody.com>

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