



**FLIPANY**  
The Ingredient to a Healthy Life

# FLIPANY's Own Homemade Buffalo Sauce

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Prep Time: 0 minutes

Cook Time: 15 minutes

Yields: 1 cup

## INGREDIENTS

- 1 cup FLIPANY's own homemade hot sauce
- 3 tbsp Ketchup (reduced sugar or no sugar)
- 3 tbsp Butter, unsalted
- 2 tbsp Corn starch
- 1 tbsp Water

## DIRECTIONS

1. In a small sauce pan, combine all the ingredients except the corn starch and water. Bring the sauce to a simmer, stirring often, until the butter is melted.
2. Combine the corn starch and water in a small bowl and stir until it is completely dissolved.
3. Pour the corn starch mixture into the sauce and immediately start whisking. Sauce will start to thicken. When the sauce has completely thickened, remove sauce from the heat and set aside.

# FLIPANY<sup>®</sup>

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FLIPANY's mission is to foster healthy lives through nutrition education, physical activities, and wellness initiatives.