

NAME

Sweet and Tangy Barbecue Sauce

PREP

5 minutes

COOK

2 hours

INGREDIENTS

1 cup Heirloom Tomato Catsup
½ cup apple cider vinegar
½ cup KetoLuxe Allulose
2 tablespoons liquid aminos
1 tablespoon smoked paprika
1 teaspoon garlic powder
½ teaspoon pink salt
1/8 teaspoon cayenne pepper
1/8 teaspoon dry mustard

DIRECTIONS

1. In a heavy sauce pan, combine all ingredients and cook over medium heat until it comes to a boil.
2. Over low heat, simmer for 1 ½ hours or until thick, stirring occasionally.

YIELD

32 servings

NOTES

Sometimes, I add spicy chilis to jazz it up.

Store this in the refrigerator for up to a week.

NUTRITION BREAKDOWN, EACH SERVING

Net carbs: 2 grams

Allulose: 4 grams

Total carbs: 15 grams

Fiber: 9 grams

Fat: 0 grams

Protein: 0 grams

Sodium: 208 milligrams

Calories: 31

Glycemic load: 1