

BBBQ (Blackberry Barbeque Sauce)



Ready in 20 min

Makes ½ quart

Ingredients

- 1 tablespoon Blackberry Crystals
- 2 tablespoons Miso Crystals
- ½ cup coconut oil
- 1 teaspoon powdered ginger
- Black pepper to taste
- 1 cup unsweetened ketchup
- ½ cup coconut nectar
- ¼ cup tamarind paste
- 1 teaspoon mustard
- ½ tablespoon molasses
- Tad of spicy pepper powder of choice

Preparation

1. In a pot, melt coconut oil and add black pepper and powdered ginger.
2. Add ketchup, coconut nectar, tamarind paste, mustard and molasses and simmer for about 10 minutes, stirring.
3. Add spicy pepper powder, Miso and Blackberry Crystals and give it a final stir.
4. Serve with grilled veggies.