

Bbq Teriyaki Marinade

Prep Time: 5 Min **Total Time:** 5 Min

Serves 1

Ingredients

1/4 cup Soy Sauce

1/8 tsp. Ground Ginger

1/4 tsp. Garlic Powder

3 pkg Krisda Stevia

Instructions

- 1 Mix all the ingredients together.
- 2 Marinade 100g steak or chicken for at least an hour, though longer is better.
- 3 BBQ or grill and enjoy with tomatoes or your choice of vegetable.

Notes

You can also use this recipe on an indoor grill such as the Nutri grill or George Forman grill.

Nutritional information is for the entire marinade so does not take into account that only a small amount is being used or remains on the meat. (i.e. 1/2 tsp is listed as 0 calories)

team victory / spray it away <http://sprayitaway.ca/>