

TANGY BBQ SAUCE

The Boss of the Sauce

MAKES 1 1/4 CUP

TOTAL TIME: 30 MINUTES OR LESS

GLUTEN. FREE | SOY.FREE (OPTIONAL) | NUT- FREE

STUFF YOU NEED

1/2 cup apple or pineapple juice

1/4 cup pure maple syrup

1 can tomato paste (or a small 8 oz can of tomato sauce)

2 Tbsps blackstrap molasses

2 Tbsps Bragg Liquid Aminos

Use Bragg Coconut Aminos for soy-free option

3 Tbsps lemon juice

1 1/4 tsp ginger, minced

1 clove of garlic, minced

1 tsp smoked paprika

1/2 tsp cumin

1 tsp Wright's Hickory Liquid Smoke

2 Tbsps extra virgin olive oil

LET'S COOK!

Add all ingredients to a blend until smooth

Pour mixture into a saucepan and heat on medium-high until thickened. Stir frequently