



Sweet and Sour Dipping Sauce

Active Time: 15 minutes | **Total Time:** 25 minutes | **Serves:** 16

Nutrition Information Per Serving

30.2 calories, 3.69 g carbohydrate, 0.3 g fiber, 3.39 g NET carbs, 0.16 g protein, 1.8 g fat

Ingredients

- 6 tsp(s) Coconut Secret Coconut Aminos
- 4 whole(s) plums, chopped
- 1/2 medium(s) white onion, chopped
- 1/2 tsp(s) ground ginger
- 2 Tbsp(s) coconut oil
- 1 Tbsp apple cider vinegar
- 1/2 tsp(s) sea salt
- 1 Tbsp honey

Preparation

1. In a small pot over medium, add coconut oil and onions. Sauté; for 5 minutes.
2. Add the plums, ginger, honey, sea salt, vinegar, and coconut aminos. Simmer for 10 minutes, stirring with a wooden spoon and breaking up plums.
3. Using an immersion hand blender or standing blender, puree the dipping sauce to a smooth consistency.
4. Return to heat and simmer another 10 minutes. Adjust seasoning and serve.

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