



Paleo BBQ Sauce (Nightshade-Free)

Active Time: 10 minutes | **Total Time:** 25 minutes | **Serves:** 36

Nutrition Information Per Serving

14.8 calories, 2.59 g carbohydrate, 0.25 g fiber, 2.34 g NET carbs, 0.15 g protein, 0.73 g fat

Ingredients

- 3 Tbsp(s) Navitas Naturals Organic Yacon Syrup
- 1/2 tsp(s) Maldon Smoked Sea Salt Flakes
- 3 cup(s) unsweetened frozen cherries, halved
- 2 Tbsp(s) apple cider vinegar
- 2 Tbsp(s) bacon grease
- 2 tsp(s) ground ginger
- 1/2 cup(s) chopped red onion

Preparation

1. In a small saucepan, add cherries, onion and and bacon grease. Allow cherries to thaw and onions to cook about 5 minutes. Add smoked salt, yacon, apple cider vinegar, and ginger and simmer for 10-15 minutes.
2. Using an immersion blender or small blender, blend until smooth. Taste to adjust to your liking.

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