



## Low Carb Sweet and Sour Dipping Sauce

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

### Nutrition Information Per Serving

26.2 calories, 3.36 g carbohydrate, 0.29 g fiber, 2.32 g NET carbs, 0.16 g protein, 1.8 g fat

#### Ingredients

- 6 tsp(s) Coconut Secret Coconut Aminos
- 1 Tbsp Wholesome Sweeteners Organic Zero
- 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

#### Preparation

1. In a small pot over medium, add coconut oil and onions. Sauté; for 5 minutes.
2. Add the plums, ginger, erythritol, 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.

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.