

Naturally Special Healthy BBQ sauce

Ingredients

- 6 oz can organic tomato paste
- 1 cup organic apple juice or water
- 1/2 cup unsweetened applesauce, unsweetened
- 2 tbsp organic apple cider vinegar with the “mother”
- 3 tbsp molasses (organic unsulfured)
- 1 tbsp raw honey or maple syrup
- 2 tsp liquid aminos
- 1 tsp liquid smoke
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tsp yellow mustard
- 1 tsp Himalayan pink sea salt or other
- 1/8 tsp chili powder
- Pinch of fresh ground pepper
- Pinch of ground clove

Instructions

Combine all ingredients in a saucepan and whisk until well combined. Bring to a slow boil, cover, reduce heat and simmer covered for 20 minutes. Watch and stir to prevent scorching to the bottom. Once cool, store in mason jar or recycle another squirt bottle.

Keep refrigerated up to 1 month or freeze for up to 3 months