



Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

Sugar-Free BBQ Sauce Home-Made Low Carb Keto

1.2g NET Carbs (Low Carb Keto)

This is a Delicious BBQ sauce for grilling or when needing a sauce for the slow cooker. It can be used on all meats and extra ingredients can be added to spice things up.



Serving Size 1 tablespoon:

7 calories / 1.2g of net carbs / 1.3g of total carbs / 0 fat /
0.2g of protein / 0.15g of fiber

INGREDIENTS

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|------------------------------------|--|
| 1 cup sugar free ketchup | 1 tablespoon Dijon mustard |
| 5 tablespoons monk fruit sweetener | 1 tablespoon each onion powder, garlic powder. |
| 1/2 cup water | 1 teaspoon chili powder |
| 1 tablespoon soy sauce | 1 teaspoon liquid smoke |
| 1 tablespoon Worcestershire sauce | 1 tsp xanthan gum |
| 3 tablespoons apple cider vinegar | |

Instructions:

Add ALL Ingredients except Xanthan Gum to a Pot or Sauce pan. Bring to a boil. Reduce heat to low.

Add 1 teaspoon of xanthan gum, sprinkle Lightly to prevent clumping. Only sprinkle a little at a time then stir then repeat. After the full teaspoon is added, stir for 2-3 mins.

If you desire a thicker sauce add another teaspoon of xanthan gum. Keep heat on low and add the xanthan gum the same as the first teaspoon.

When your desired thickness is reached you can add the sauce to a mason jar and store in fridge for up to 3 weeks.