



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Easy-Peasy Smokey BBQ Sauce

1.5g NET Carbs (Low Carb Keto)

So easy and simple to make, its a delicious Smokey Low Carb Keto BBQ Sauce with lots of sweetness to make this an absolute favorite. Add more or less liquid smoke to get your desired taste and same with the sweetener. Its yours to develop into your own recipe. Enjoy!

INGREDIENTS

1 1/2 cups – No Sugar Added ketchup
2 1/2 Tbs – apple cider vinegar
1 1/2 Tbs – Worcestershire sauce
1 to 2 Tbs – liquid smoke (add to your own desired taste)
1 tbsp – onion powder
1 tbsp – garlic powder

1tbsp – black pepper
1 tbsp – salt
1 tbsp – smoked paprika liquid sugar substitute equal to
1/3 cup Monkfruit Sweetener

Instructions:

1. Add wet ingredients to sauce pan on medium heat.
2. Once mixture is heated add spices and then add monkfruit, keep stirring until monkfruit is completely dissolved. Remove from heat.
3. Let cool. Great for chicken, steak, roast, use on the grill, slow cooker, oven roasted, etc



1 serving = 1 tbsp - **Calories 10 / Total Fat 0g / Saturated Fat 0g / Sodium 146mg / Carbohydrates 2g Net Carbohydrates 1.5g / Fiber 0.5g / Protein 0.5g**