BBQ SAUCE

Type 2 Diabetic Friendly

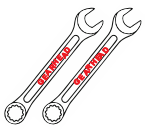
Moe's Tongue Torture BBQ Sauce

1.	1 cup.	Ketchup (Organic).
2.	1 cup	Tomato sauce (Organic).
3.	1 tbsp	Maple syrup (100% pure unfiltered).
4.	1 tbsp	Worcestershire sauce (Organic).
5.	¼ tsp	Dry Mustard or Organic mustard.
6.	1-tsp	Dijon Mustard (Organic).
7.	½ tsp	Mesquite Seasoning.
8.	¼ tsp	Onion Salt.
9.	1 tbsp	Chile powder.
10.	½ tsp	Ground cinnamon.
11.	2 tbsp	Coconut sugar (Organic),
12.	½ tsp	Smoke paprika.
13.	½ tsp	Red whine vinegar.
14.	½ tsp	White pepper.
15.	tbsp	Chipotle sauce, (Louisiana Pepper Exchange Chipotle).

For Added Heat..Add 1-tbsp Red Pepper

ASSEMBLY

Step 1. In a small saucepan on low heat, combined all above ingrediencies.
Step 2. Bring to a low simmer and stir occasionally for 30 min.
Step 3. After 30 min remove from the stove set aside and let cool.
Step 4. Once cool, use a mason jar and refrigerate. Sauce will last for 5 days.



30min

Whole Foods / Amazon / Costco