

OVEN BAKED BBQ RIBS

Rub Mix for 1 Slab of Ribs

1. ½ cup. Coconut Sugar (Organic).
2. 1 tsp. Garlic Powder.
3. ½ tsp. Pepper.
4. 1 tsp. Sea Salt.
5. ¼ tsp. Cyan Pepper.
6. 1 tsp. Onion Powder.
7. 1 tsp. Smoked Paprika,.
8. 1 tsp. Mustard Powder.
9. ½ tsp. Chilli Powder.
10. 1 tsp. Cumin
11. ¼ cup. Primal Kitchen or Yo-mama's BBQ sauce



Diabetic
Friendly

Mix all above dry ingredients in bowl.

Rib Meat Prep

1 Full slab Kansas City Ribs.

- Step 1. Pre heat oven to 300degs.
- Step 2. Remove membrane on back side of ribs.(Use butter knife & paper towel).
- Step 3. With a paper towel, pat dry the ribs on both sides.
- Step 3. Coat ribs with yellow mustard as a binder then apply dry rub mix on both side of ribs and pat down ribs..
- Step 4. Place coated ribs on a Lg. wire rack and Lg. cooking sheet.
- Step 5. Bake at 300deg in oven for 2 hours. After 2 hours lower temp to 200deg and finish baking in the oven for 1 hour.
- Step 6. After a total of 3 hours remove ribs from oven and brush on BBQ sauce on both sides of rib and enjoy.



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