

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Clean Eating BBQ Sauce

(10 servings)

Ingredients

- 1 (15 ounce) can tomato sauce – no sugar added
- 1 (6 ounce) can tomato paste – no sugar added
- 1 (6 ounce) can tomato paste – no sugar added
- 1 teaspoon low sodium soy sauce
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 4 tablespoons unsulfured molasses
- 3 tablespoons honey
- 3 tablespoons balsamic vinegar
- 1 teaspoon low sodium soy sauce
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 4 tablespoons unsulfured molasses
- 3 tablespoons honey
- 3 tablespoons balsamic vinegar



Instructions

Combine all ingredients in a mixing bowl, and whisk it together. Spread on your BBQ fare like any other BBQ sauce! (But this one is ultra healthy, *real!*)

Nutritional Information (per 1/4 cup)

Calories...74 Protein...1g Carbohydrate...19g Fat...1.5g

Healthy Living Program ~ creating body, mind and spiritual health for life!

McCoy
Fitness & Health

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