

Best Ever Homemade BBQ Sauce JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 small can (5.5oz) tomato paste
- 3 tbsp Dijon mustard
- 1/4 cup maple syrup
- 1/4 cup tamari sauce (this is made from fermented soybeans*)
- 3 tbsp apple cider vinegar
- 1.5 tsp garlic powder
- 1.5 tsp onion powder
- 1/2 tsp sea salt
- Freshly ground pepper

Instructions:

1. Place all ingredients into a large bowl and mix together. Store in an air-tight container for up to 7-10 days.

Notes:

It makes about a cup and a half, so this is a good amount if you plan on using it a couple of times. *You can purchase tamari at a health food store or in the health food section of the grocery store. I prefer certified organic because soybeans are highly sprayed with pesticides. It is also possible to purchase "gluten-free" tamari.