



## Cleaned Up BBQ Sauce

6 servings  
25 minutes

### Ingredients

- 1/2 cup Tomato Paste
- 1 cup Water
- 1/3 cup Maple Syrup
- 2 tbsps Fancy Molasses
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Cinnamon
- 1 tbsp Cumin
- 2 tps Paprika
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Black Pepper
- 1 tsp Sea Salt
- 1/2 tsp Ground Mustard
- 1/4 tsp Cayenne Pepper

### Nutrition

Amount per serving	
Calories	104
Fat	1g
Saturated	0g
Carbs	25g
Fiber	2g
Sugar	21g
Protein	1g
Cholesterol	0mg
Sodium	414mg

### Directions

- 1 In a saucepan over medium-high heat, stir together all ingredients and bring to a boil. Reduce heat and let simmer for 20 minutes, stirring occasionally.
- 2 Transfer to a jar and let cool. Enjoy!

### Notes

**Serving Size:** This 6-serving recipe yields about 1.5 cups of sauce.

**Maple syrup a sweet deal for the athlete!:** Maple syrup is rich in manganese and zinc, both of which act as antioxidants to combat inflammation and cellular damage in the body - good news for the athlete who tends to have some training-induced inflammation. These nutrients also contribute to a healthy immune system, and guess what research shows is one of the most common health effects of high-level training? You betcha, reduced immunity! Add to that - these minerals play a key role in repair of tissues. So boost your recovery with natural maple syrup as the sweetener of choice when needed in recipes, such as this BBQ sauce. psst: store your maple syrup in the fridge after it's opened. It can even be frozen, so if you have the opportunity to find it on sale, stock up!

**Thinner Sauce:** Add water (1 tbsp at a time) until desired consistency reached.

**Likes it Spicy:** Add chili powder.

**Storage:** Refrigerate in a mason jar up to 7 days. If freezing, leave about 1-inch of head space from the top.

**Use it As:** Dipping sauce or as a marinade.