

# Honey BBQ Sauce



**PREP TIME:**  
5 MINUTES

**COOK TIME:**  
N/A

**TOTAL TIME:**  
5 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 1 ½ Cups

## **Honey BBQ Sauce Ingredients (makes 1 ½ cups):**

- ½ Cup Unsweetened Ketchup (recommend “Good Food For Good”)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 TBSP Coconut Aminos
- ¼ teaspoon sea salt
- 1 TBSP Balsamic Vinegar
- 1 TBSP Gluten Free Worcester Sauce
- ¼ Cup Filtered Water
- 1 TBSP Raw Honey

## **Instructions:**

1. In a medium bowl add all above ingredients from ketchup through honey.
2. Mix with a wire whisk until completely blended.
3. Use as a mix in for pork BBQ, slather on top of grilled chicken or steak.
4. Can be refrigerated for up to 1 week.

**\*Try and use all organic ingredients if possible.**

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