

KETO CAROLINA MUSTARD BBQ SAUCE

A tangy, slightly sweet mustard-based BBQ sauce, great on pulled pork, chicken, or ribs



INSTRUCTIONS

1. Combine the ingredients

- 3/4 cup yellow mustard
- 3/4 cup allulose/monk fruit blend
- 1/4 cup apple cider vinegar
- 2 Tbsp tomato sauce
- 2 tsp Worcestershire sauce
- 1 tsp hot sauce (like Texas Pete or Frank's)
- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and black pepper, to taste

Whisk all the ingredients together in a small saucepan until well combined.

2. Simmer

Bring to a gentle simmer over medium-low heat, stirring occasionally, for 5 to 10 minutes to blend the flavors and slightly thicken. Taste and adjust seasoning as needed.

3. Cool and store

Let cool to room temperature, then transfer to a jar or airtight container and refrigerate.

NUTRITION (per tablespoon, makes about 1 3/4 cups)

Estimated

- Calories: 10
- Total Fat: 0g
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Protein: 0g

STORAGE

Keeps in an airtight container in the fridge for 2 to 3 weeks.



Recipe created by Mind-Body Functional Health.
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