



Dr. Laleh's BBQ Sauce

Ingredients

Amount

Organic Ketchup*	1 Cup
Fresh Squeezed Lemon Juice	Juice of 1 medium lemon
Pomegranate molasses	1 tsp
All natural maple syrup	1 TBS
Organic Balsamic Vinegar	¼ Cup
Lea & Perrins Worchester Sauce	1 TBS
Texas Style BBQ Seasoning**	1 TBS

*Avoid Ketchup with High Fructose Corn Syrup OR high sugar

**Avoid seasonings with Corn starch or others corn based preservatives and additives

Preparation:

Mix all ingredients in a mixing bowl. Store BBQ sauce in fridge for up to 2 weeks. Makes 8-10 servings

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 43

% Daily Value *

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 320 mg 13 %

Potassium 6 mg 0 %

Total Carbohydrate 11 g 4 %

Dietary Fiber 0 g 0 %

Sugars 11 g

Protein 0 g 0 %

Vitamin A 5 %

Vitamin C 4 %

Calcium 3 %

Iron 1 %