



**NUTRITION  
MISSION**

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## Barbeque Sauce.

### Ingredients:

400g tin chopped tomatoes in juice  
1 onion, diced  
2 teaspoons minced garlic  
2 tablespoons tomato paste  
2 tablespoons spicy brown mustard  
3 tablespoons apple cider vinegar  
1 tablespoon extra virgin olive oil  
2 tablespoons plus 1 teaspoon paprika  
½ teaspoon cayenne pepper  
2 teaspoons salt  
1 teaspoon black pepper  
1 can pineapple chunks, with juice

1. In a blender, combine all ingredients and blend it until smooth.
2. Store in an airtight container in the fridge.

- Gluten free, wheat free, dairy free, sugar free
- Vegetarian