



**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