

BANANA BBQ SAUCE^o



SERVES: 8 (approx. ¼ cup each) Prep Time: 10 min. Cooking Time: 32 min..

CONTAINER EQUIVALENTS: ½ ½

VEGAN CONTAINER EQUIVALENTS: ½ ½

- 1 Tbsp. extra-virgin organic coconut oil
- 1 large banana, sliced
- 2 Tbsp. apple cider vinegar
- 1 cup low-sodium organic vegetable broth
- 1 cup all-natural ketchup, no sugar added
- 1 Tbsp. orange marmalade
- 1 Tbsp. Worcestershire sauce, gluten-free, vegan
- ½ tsp. ground black pepper
- 1 tsp. onion powder
- 1 tsp. garlic powder
- ½ tsp. mustard powder
- ¼ tsp. ground allspice
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- ¼ tsp. ground cayenne pepper (optional)
- ½ tsp. smoked sea salt (or Himalayan salt)
- 1 tsp. ground smoked paprika
- ½ tsp. chili powder

1. Heat oil in medium saucepan over high heat.
2. Add banana; cook, stirring occasionally, for 3 to 4 minutes, or until banana is dark brown and mushy. Reduce heat to medium.
3. Add vinegar; cook, stirring frequently, for 1 to 2 minutes, or until pan is almost dry.
4. Add broth, ketchup, marmalade, Worcestershire sauce, black pepper, onion powder, garlic powder, mustard powder, allspice, cumin, coriander, cayenne pepper (if desired), salt, paprika, and chili powder. Whisk to blend. Bring to a gentle boil over medium heat. Reduce heat to low; gently boil, stirring occasionally, for 20 minutes, or until sauce thickens.

RECIPE NOTE:

- Refrigerate leftover sauce in an airtight container for up to 4 to 5 days.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 66 Total Fat: 2 g Saturated Fat: 2 g Cholesterol: 0 mg Sodium: 590 mg Carbohydrates: 9 g Fiber: 1 g Sugars: 6 g Protein: 0 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.