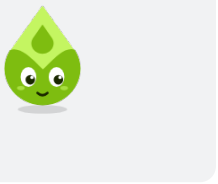
Snack

Quick Smoky Apple Barbecue Sauce

A fast stir-together barbecue sauce with a mellow fruit sweetness, a touch of vinegar tang, and a warm smoky finish.

5 min	10	3 g	2 g
time	calories	carbs	sugars



Dairy free | Nut free

Ingredients, 4 servings

- [ ] 1/4 cup no-sugar-added ketchup
- [ ] 3 tbsp unsweetened applesauce
- [ ] 1 tsp apple cider vinegar
- [ ] 1/2 tsp black pepper
- [ ] 1/2 tsp smoked paprika

Method

- [ ] 1 Pour the no-sugar-added ketchup into a liquid measuring cup, then add the unsweetened applesauce, apple cider vinegar, black pepper, and smoked paprika.
- [ ] 2 Stir everything together until the sauce is smooth and evenly blended.
- [ ] 3 Serve the sauce right away, or keep it in a sealed jar in the refrigerator for up to 1 week.

Nutrition Facts

Per serving

Calories	**10**
Total fat	0 g
Saturated fat	0 g
Sodium	190 mg
Total carbs	3 g
Fiber	0 g
Total sugars	2 g
Protein	0 g

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