

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Barbecue Sauce

Adapted from *Great Food Fast*

This barbecue sauce is a healthier alternative to store bought brands which may contain a lot of unwanted additives and corn syrup.

1 teaspoon hot sauce

1/3 cup cider vinegar

1/2 cup sucanat (This is unrefined cane sugar that you can find at Dierberg's. If you can't find it, use organic brown sugar.)

1/4 cup molasses

3 tablespoons Dijon mustard

3 garlic cloves, minced

1/2 cup ketchup (Use one that is all-natural, or organic, that does not contain corn syrup.)

Simmer the above ingredients in a small saucepan over medium heat until reduced to about 1 1/4 cups, 5 to 7 minutes.