



BLACK CURRANT BBQ SAUCE



SERVES: PREP TIME: COOK TIME:
 3-4 | 15M | 30M

DAIRY FREE GLUTEN FREE VEGAN VEGETARIAN

INGREDIENTS:

1 Cup Crofter's Organic Just Fruit Black Currant Fruit Spread

1 Tbsp Olive Oil

1 Clove Garlic (Minced)

1 Cup Ketchup

¼ Cup Apple Cider Vinegar

¼ Cup Worcestershire Sauce

2 Tbsp Lemon Juice

½ Tsp Onion Powder

½ Tsp Smoked Paprika

½ Tsp Black Pepper

½ Tsp Salt

DIRECTIONS:

1. Add the olive oil and minced garlic to a small sauce pot. Simmer over low heat until the garlic has softened. Remove from heat.
2. Next, add in the Crofter's Organic Just Fruit Black Currant Fruit Spread, ketchup, apple cider vinegar, Worcestershire sauce, lemon juice, onion powder, smoked paprika, black pepper and salt. Stir together with a whisk until evenly combined.
3. Place the Black Currant BBQ sauce over low/medium heat and allow to simmer for 30 minutes. This will help the flavors come together and thicken up the sauce.
4. Once sauce is at desired consistency, remove from heat and allow to cool. Transfer to a blender and blend until sauce is smooth. Store in an air-tight container in the refrigerator until ready to serve.