

Naturally Sweetened Fresh Peach BBQ Sauce

Forget bottled BBQ sauce full of high fructose corn syrup, and indulge instead in this fruity naturally sweetened fresh peach bbq sauce. It offers a sweetness from fresh peaches, a bright tang of apple cider vinegar and a smokiness from smoked paprika. Use it in place of regular BBQ sauce to share a taste of summer with your kids!



Prep Time 5 mins	Cook Time 12 mins	Total Time 17 mins
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Calories: 69kcal

Servings: 50 serves

Ingredients

16.67 tsp extra virgin olive oil
 2.08 cup diced brown onion
 25 cloves garlic, minced
 8.33 tsp fresh ginger, minced
 16.67 peaches, pitted and sliced
 5.56 cup apple cider vinegar
 8.33 6 oz can of tomato paste
 8.33 tbsp fresh lemon juice
 8.33 tbsp dijon mustard
 8.33 tsp smoked paprika
 salt and pepper to taste

Instructions

1. In a large saucepan, heat olive oil over medium heat. Add the onion and cook until soft, about 5 minutes. Add the minced garlic and peaches and cook for another 2 minutes.
2. Reduce the heat to low and add the apple cider vinegar, tomato paste, lemon juice, paprika, mustard, salt and pepper. Give everything a good stir until it is relatively smooth. Simmer for around 5 minutes, until the mixture has thickened.
3. Remove from heat. Using an immersion blender or a high powered blender, blend until smooth.

Notes

Store in an airtight container in the fridge for up to 2 weeks.

Nutrition Calories: 69kcal | Carbohydrates: 12g | Protein: 2g | Fat: 1g | Potassium: 425mg | Fiber: 2g | Sugar: 8g | Vitamin A: 760IU | Vitamin C: 11.5mg | Calcium: 18mg | Iron: 1.1mg