



Simple | Healthy | Delicious

## Coffee BBQ Sauce

### INGREDIENTS

2 tablespoons olive oil
1 tablespoon minced garlic
½ sweet onion, diced
1 cup ketchup
1/3 cup white or apple cider vinegar
1/3 cup dark brown sugar or honey
¼ cup Nature's Earthly Choice™ Coffee Flour
2 tablespoons mustard
1 to 2 tablespoons chili powder
1 teaspoon ground black pepper
Pinch of salt



### DIRECTIONS:

1. In a small saucepan over low-medium heat, sauté the garlic and onion in olive oil. Cook for 5 minutes.
2. Add the remaining ingredients. Mix well, making sure the coffee flour completely dissolves.
3. Simmer until the sauce thickens, about 25 to 30 minutes. Mix frequently and avoid letting it boil. Do a taste test just before removing the sauce from the heat. If necessary, add more sweetener or vinegar, depending on your preference. Serve as a dip or marinade.