

# Blackberry BBQ Sauce

Hands-on 10 minutes Overall 10 minutes

**Nutritional values (per 2 tbsp, 30 g / 1 oz):** Total carbs: 2.2 g, Fiber: 0.73 g, **Net carbs: 1.5 g**,

Protein: 0.31 g, Fat: 1.4 g, Calories: 21.6 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 1 medium jar / 2 cups)

1 cup ketchup, recipe for easy [homemade ketchup is here](#) (240g / 8.5 oz)

1 cup blackberries, fresh or frozen (144g / 5.1 oz)

1 tsp chili powder

1/2 tsp smoked salt or [pink Himalayan rock salt](#)

2 tbsp [apple cider vinegar](#), red / white [wine vinegar](#) or fruit vinegar  
(recipe for [home-made fruit vinegar is here](#))

2 tbsp butter or [ghee](#) or [extra virgin olive oil](#)

1/4 cup [coconut aminos](#) (60 ml / 2 fl oz)

2 tbsp [Erythritol](#) (20g / 0.7 oz)

3-6 drops [stevia](#) (I use [SweetLeaf](#))

freshly ground [black pepper](#)

*Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).*

## Instructions

1. Place all the ingredients in a non-reactive pot and bring to boil over medium heat.
2. You can use any vinegar you like such as apple cider or white / red wine vinegar or even try [making your own fruit vinegar](#). I used blackberry vinegar in this recipe. Cook just for a minute and take off the heat.
3. Place everything in a blender or use an immersion blender and pulse until smooth. Pour in a glass jar and keep in the fridge up to a month or preserve for longer. Try with [BBQ Pork Ribs!](#)

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)