

Low-Carb Blackberry BBQ Sauce

Hands-on 5-10 minutes Overall 5-10 minutes

Nutritional values (per serving, 1 tbsp, 15 ml): Total carbs: 1.1 g, Fiber: 0.3 g,

Net carbs: 0.8 g, Protein: 0.2 g, Fat: 0.7 g, Calories: 11 kcal,

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



Ingredients (makes about 2 cups/ 480 ml)

1 cup sugar-free ketchup (240 g/ 8.5 oz) -*you can make your own*

[homemade ketchup is here](#)

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

1 tsp chili powder

1/2 tsp smoked salt *or* sea salt

2 tbsp apple cider vinegar *or* red wine vinegar (30 ml)

2 tbsp butter *or* [ghee](#) *or* [extra virgin olive oil](#) (30 ml)

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

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

Optional: 3-6 drops [liquid stevia](#) drops

freshly ground black pepper

Instructions

1. Place all the ingredients in a non-reactive pot and bring to boil over medium heat.
2. 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.

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