

WELL YOUR WORLD



HEALTHY PLANT-BASED RECIPES

Bayou BBQ Sauce

INGREDIENTS

- 1 can tomato paste
- 1 tablespoon apple cider vinegar
- 1/2–1 cup water
- 2–3 tablespoons Bayou BBQ Seasoning

METHOD

Add the tomato paste, apple cider vinegar, water, and Bayou BBQ Seasoning to a blender.

Blend until completely smooth. Taste and adjust — more seasoning for more depth, more ACV for tang, more water to thin.

Use immediately or store in a jar in the fridge for up to two weeks. It thickens as it sits — just stir in a splash of water to loosen.

