



Makes 3½ cups
Cook Time: 15 minutes

INGREDIENTS:

- 1 (15-ounce) can tomato purée
- 2 cups [Date Paste](#), more or less to taste
- 3 tablespoons prepared mustard
- 1 tablespoon apple cider or red wine vinegar
- 2 teaspoons paprika
- 1 teaspoon ground coriander
- 1 teaspoon cayenne pepper, more or less to taste

Easy Date Barbecue Sauce

Most commercial barbecue sauce is full of high-fructose corn syrup or sugar. This recipe has neither and still delivers all the flavors you want in your barbecue.

From *The China Study Quick & Easy Cookbook*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1** Combine all ingredients in a small saucepan. Cook over medium-low heat, stirring often, for 10 minutes.
- 2** Store refrigerated in an airtight container for up to 10 days.