

## Raspberry Chipotle BBQ Sauce

(serve with grilled chicken breast)



### **Ingredients**

- 1/2 cup of red onion, chopped
- 3 garlic cloves, minced
- 2 tablespoons of flaxseed oil
- 1 teaspoon of liquid smoke
- 1/8 to 1/4 cup of Birch Syrup or brown sugar
- 2 tbsp of molasses
- 2 tbsp of salt 1 tsp pepper
- 1/4 cup of apple cider vinegar
- 1 1/2 large chipotle peppers, minced {from can of chipotle peppers in adobe sauce
- 4 cups of raspberries
- 15 oz. tomato sauce
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### **Instructions**

1. Heat a large sauté pan to medium high heat, add oil and red onion.
2. Saute for 3 minutes until onions are translucent, add garlic cloves and chipotle pepper peppers. Stir and sauté for 30 seconds.
3. Add tomato sauce, birch syrup or brown sugar, apple cider vinegar, and liquid smoke.
4. Add in raspberries, stir and bring to a boil.
5. Bring to boiling, reduce heat and simmer for 10-15 minutes. Stirring on occasion.
6. Remove from heat and let cool.
7. Top on your favourite protein. Store remaining sauce in airtight container for about 2 weeks.