

# 21 Day Fix Barbecue Sauce

## 21 Day Fix Barbecue Sauce



### Barbecue Chicken Pita Pizza

You are going to love this barbecue sauce, the possibilities are endless! We've also included the instructions for a delicious barbecue chicken pita pizza!

### 21 Day Fix Container Equivalents:

Sauce:

1 1/2 sweetener teaspoons ☐

Pizza:

1 YELLOW ☐

1 RED ♥☐

1 BLUE ☐

1 1/2 sweetener tsp ☐

# INGREDIENTS

21 Day Fix Barbecue Sauce:

- 6 oz can of tomato paste
- 3/4 cup water
- 2 Tbs balsamic vinegar
- 2 Tbs molasses
- 1 Tbs raw sugar
- 2 Tbs Worcestershire sauce (Lea & Perrins has all clean ingredients and you can get it pretty much anywhere)
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp liquid smoke
- a pinch of salt
- black pepper, to taste

For the BBQ Chicken Pizza:

- 1 whole wheat pita
- 2 Tbs 21 Day Fix Barbecue Sauce
- 3/4 cup cooked, diced chicken breast
- 1/3 cup shredded cheese (I used half Monterey Jack, half sharp cheddar)
- 3 Tbs red onion, sliced or chopped
- 2 Tbs fresh cilantro, roughly chopped (or whole if you have small leaves)

# INSTRUCTIONS

To make the barbecue sauce:

1. Heat all ingredients together in a small pot over medium heat and bring to a bubble. Check seasonings and adjust if necessary. Let bubble, giving it a stir every minute or two, for about five minutes. That's it!

Barbecue Chicken Pita Pizza:

1. Preheat the oven to 350 degrees.
2. Place a pita on a baking sheet (no cooking spray is necessary), spread 2 Tbs of BBQ sauce on it. Top with the cooked chicken, then the cheese, then the red onions. Bake for 15 minutes.
3. Pull it out of the oven, sprinkle with the cilantro and talk yourself out of making another one.

ENJOY!