

MISCELLANEOUS

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BBQ Sauce

Makes 4 cups or 42-3/4 oz servings

1 Tbsp. canola or extra virgin olive oil
1 cup onion, minced
2 garlic cloves, minced
2 beef bouillon cubes
1/2 cup hot water
3 (6oz.) cans tomato paste, divided
1 cup SLENDA® granular
3/4 cup worcestershire sauce
3/4 cup dijon mustard
3 Tbsp. liquid smoke, hickory flavored
1 tsp. salt
1/2 cup cider vinegar
1 Tbsp. tabasco (+ 1 tsp. for spicier sauce)

Place oil in a large saucepan. Add onions and garlic. Saute over medium heat until translucent (approx 2-3 min.). Mix the bouillon and water until partially dissolved. Add bouillon mixture and all remaining ingredients to the saucepan. Stir well using a wire whisk. Simmer, uncovered, 25-30 min. to allow flavors to meld. Stir frequently. Refrigerate overnight in a non-metallic container.

Sauce is best if prepared a day before using. Keeps well, refrigerated, for 1 week.

Nutrition Information per serving
15 calories; 3 grams carbohydrate;
0 grams protein; 0 grams fat; 135 mg sodium

Brown Sugar

This recipe is designed to help you replace brown sugar in your dessert recipes.

Makes enough to replace 1 cup brown sugar

1 cup SLENDA® No Calorie Sweetener, granular
1/4 cup sugar-free maple syrup
(made with SLENDA® Brand Sweetener)

Pour ingredients into a small mixing bowl and mix well. Use as brown sugar in your favorite baked recipes where brown sugar is required. Makes 1/4 cup (enough to replace 1 cup of standard brown sugar). Makes 1 serving

Nutrition Information per serving
130 calories; 36 grams carbohydrate;
0 grams protein; 0 grams fat; 100 mg sodium

Powdered Sugar

Makes 1/2 cup

3/4 cup SLENDA® granular
2 Tbsp. cornstarch

Place ingredients in blender jar. Cover and blend until SLENDA® granular is a very fine powder. Use instead of powdered sugar for garnishing cakes and pastries. Makes 8-1 tbsp servings.

Nutrition Information per serving
20 calories; 5 grams carbohydrate;
0 grams protein; 0 grams fat; 0 mg sodium