

# NO SUGAR WORCESTERSHIRE SAUCE

(Standard Plan, Vegan/Vegetarian, Maintenance)

Worcestershire sauce has been a frequently requested condiment over the years; however, traditional brands contain sugar and molasses. After trying many recipes, I think we have found the answer! You can use Worcestershire sauce in many ways to add a depth of flavor to your recipes - like marinades, soups, burgers, roast beef, salad dressings, roasted vegetables or even scrambled eggs. A little bit goes a long way, so you don't have to worry how it fits into the plan. Just enjoy!



## INGREDIENTS

- 1/2 cup Bragg's Apple Cider vinegar
- 1-1/2 Tbsp Swerve Brown
- 3 Tbsp Tamari (gluten-free soy sauce) or Coconut Aminos
- 1 tsp. ginger paste\*
- 1/4 tsp. ground mustard
- 3 Tbsp water
- Good pinch of cinnamon and cloves (add more to taste)
- 1 tsp. garlic, minced (can use jarred garlic)
- 1/4 tsp. onion powder

## INSTRUCTIONS

Add all ingredients into a jar (with a lid to shake/store) or a small bowl and whisk well.

Store in the refrigerator for up to a month.

\*Ginger paste can be found in the frozen vegetable section of some grocery stores as individual, 1 teaspoon-sized servings. I have purchased it at Walmart, Kroger and Target; however, I haven't seen it at Kroger lately. Some stores also sell ginger paste in a tube in the fresh vegetable section or by the spices, but you want to check the ingredients.



You can also make your own easily.

<https://spicecravings.com/ginger-paste>