

COCKTAIL FRANKS

Also known as Little Smokies, cocktail franks are a party favorite and perfect appetizer for the holidays. This recipe, however, avoids the sugar-laden grape jelly and barbeque sauce that is commonly used in this dish, but still maintains the sweet and tangy flavor you crave. You could always skip the sauce recipe and use our barbeque recipe as well. Avoid Hillshire Farms franks and those with preservatives, sugars and artificial ingredients. Instead, opt for Boars Head Uncured Cocktail Beef Franks, Trader Joe's Uncured Beef Franks, or other brands that are uncured and clean. This recipe can be eaten as part of a meal with one serving being 3 oz of protein, a maintenance recipe or as a special occasion appetizer.



INGREDIENTS

- 24 oz Boar's Head Uncured Cocktail Beef Franks
- 2 Tbsp avocado oil
- 1 cup unsweetened ketchup (Primal Kitchen or Genesis Health Solutions recipe)
- 1/2 cup water
- 3 Tbsp apple cider vinegar
- 1/4 cup Swerve Brown
- 2 tsps natural maple flavoring (in the spice section)
- 1 tsp Dijon mustard

1 tsp of either balsamic vinegar, coconut aminos or tamari
(gluten-free soy sauce)
1/2 tsp Pink Himalayan salt
1/2 tsp onion powder
1/2 tsp garlic powder
1/4 tsp freshly-ground black pepper

INSTRUCTIONS

Mix everything except the cocktail franks and avocado oil together in a bowl and set aside.

Heat the avocado oil over medium-high heat in a large skillet. Add the cocktail franks and brown for 2-3 minutes.

Pour the sauce over the franks, reduce the heat to a low simmer and cook 10-15 minutes.

Alternative: Place all the ingredients into a crock pot and cook at least two hours on low.