

SWEET CHILLI SAUCE

INGREDIENTS

1 Onion

2 Tomatoes

¼ Yellow/Red Pepper

2 cloves Garlic

1 - 2 Tbsp Chilli Flakes

3 Tbsp Xylitol/Stevia

To taste Salt & Pepper

To taste Red Pepper

20 - 30ml Olive Oil

200-250ml Water

METHOD

Fry the onion, tomatoes, garlic and peppers in olive oil

Add the dry ingredients and fry in

Add 200ml water to the saucepan and simmer to reduce the mixture to the preferred consistency.
Add more if required

Remove, cool, blend and bottle.