

# Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton

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## **BBQ Sauce**

*Similar to Open Pit Barbeque Sauce*

16 oz tomato sauce  
1 1/2 C honey  
1 C cider vinegar  
1/2 C ketchup  
2 tsp onion salt  
2 tsp coarse grind pepper  
1 tsp garlic salt  
1/4 tsp cayenne pepper  
1 tsp salt  
3 T cornstarch  
2/3 C corn oil  
1/4 C dark molasses  
2 tsp Postum or browned flour (page 187)

**Cooks 15 minutes on medium stirring constantly. Cool and refrigerate.**

**Makes 5 Cups.**