



Everyone loves a good barbecue, but research has shown that grilling meats at high heat can cause an increase in toxic carcinogens. There are some easy ways to make that barbecue healthier, like this recipe.

specificwellness.com

BAR-B-CUTIE

Ribs on the Barbie

2 slabs baby back ribs	1 tablespoon cumin
1 tablespoon garlic powder	2 tablespoons sea salt
1 tablespoon onion powder	1 teaspoon black pepper
1 tablespoon chipotle chili powder	2 teaspoon monk fruit sweetener (optional)
1 tablespoon paprika	

Preheat oven to 300°F.

Remove membrane on the back of rib rack. Mix all spices and monk fruit together in bowl. Use enough spice blend to rub onto ribs.

Bake ribs on a baking sheet in the oven for 2 1/2 hours, until meat is pulling away from the bones. Take out and let rest for 10 minutes.

Oil grill grate. Turn on gas grill to high.

Place ribs on grill and grill until desired crispness.