

Okonomi Sauce



Serves	150ml
Prep time	5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , Glutamate Challenge , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Condiment , Ingredient
Misc	Child Friendly , Pre-preparable , Serve Cold

Ingredients

- 80ml No-Tomato Sauce (Refer to recipe)
- 60ml Failsafe Foodie's Magic Sauce (Refer to recipe)
- 2 teaspoons rice malt syrup

Directions

1. Combine all the ingredients in a blender and whiz until well combined.
2. Store in an airtight container in the fridge.

Note

Failsafe / Low Chemical, Moderate Salicylates

For a low salicylate version of this sauce use the low salicylate version of the No-Tomato Sauce recipe.

Refer here for the recipes for [No-Tomato Sauce](#) and [Failsafe Foodie's Magic Sauce](#).

This is my version of Okonomi sauce for Oscar to have with [Okonomiyaki](#), but it could be used anywhere that a BBQ style sauce is required.