

Herbal Legacy Recipes

Raw Ketchup

Try this great recipe at your next summer party.

INGREDIENTS:

- 3/4 pound cherry tomatoes
- 1-2 t. dried basil
- 1 T. honey or agave
- 1 t. oregano
- 2 T. apple cider vinegar
- A few sun-dried tomatoes, soaked
- 2 T. raw agave nectar
- salt and pepper to taste



DIRECTIONS:

1. Blend everything and enjoy!
2. Add more sun dried tomatoes if it is too watery.

From www.goneraw.com

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy