

Raw Garden Tomato Marinara Sauce

4 C. fresh tomatoes
2 T. fresh basil leaves or 1T. dried
1 t. fresh rosemary leaves or 1/2 t. dried
1 clove garlic diced
2 T. lemon juice
2/3 C. olive oil
1-2 t. real salt or pink Himalayan salt
dash of cayenne (optional)

Wash and add all the ingredients to the blender. Blend very well and serve over zucchini noodles or use in place of any time you need marinara sauce.

Enjoy! *Tomatoes are great for helping the body to chelate out heavy minerals and the herbs are great for a healthy body.

Recipe by Kelly Pomeroy