

DIY Ketchup

BY MICHELLE S.



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- *2 cans of organic Tomato Paste*
- *1 teaspoon Himalayan ✓*
- *sea salt ✓*
- *½ cup apple cider vinegar ✓*
- *a pinch of cinnamon ✓*
- *1 cup of water*
- *1 tablespoon maple syrup ✓*
- *1 teaspoon powdered chia seeds ✓*
- *a pinch of cayenne ✓*
- *1 teaspoon garlic powder ✓*

DIRECTIONS:

1. Put the ingredients in a blender and blend.
2. Keep in your fridge for up to two weeks and enjoy!