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KETCHUP

Makes about 1 quart

2 6-oz cans organic tomato paste

¼ cup whey

½ cup maple syrup or rapandura (minimally processed organic dried cane sugar)

2 tbsp fish sauce (optional: get from oriental section at grocery store or oriental market)

3 Tbsp raw apple cider

1 tbsp sea salt

¼ tsp cayenne pepper

½ tsp celery salt

½ tsp garlic salt

1 tsp cloves

1 cup filtered water

Mix all ingredients except filtered water, until well blended. Add enough filtered water until ketchup is thin enough to pour. Place in quart-sized, widemouthed mason jar.

The top of the ketchup should be at least 1 inch below the top of the jar. Leave at room temperature for about 2 days before transferring to refrigerator.

Use an empty ketchup bottle to serve.