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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.*