

Ketchup

from Raw - The Uncook Book by Juliano

- 1 c fresh tomatoes, chopped**
- 1 c sun-dried tomatoes**
- 1 T minced garlic**
- 2 T ginger**
- ¼ c onion, chopped**
- 8 fresh basil leaves**
- 6 medjool dates, pitted**
- ¼ c maple syrup**
- ¼ c olive oil**
- 1 T Nama Shoyu**
- or 1 t sea salt**



Throw all ingredients into a blender (use a blending jar if you have one) and puree. Keeps 2 weeks when refrigerated.

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>