



trim healthymama™  
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## Trim Healthy Ketchup (FP)

*Most ketchups are laden with sugar. We don't get too worried if you order a low-carb burger with ketchup at a drive thru here and there, but it's a great idea to keep a healthier ketchup on hand at home so you can use it as liberally as you want. Whip this up in 2 minutes flat! Kid approved!*

Serving Size: Multiple-serve; Makes about 1 cup

### INGREDIENTS:

- 6 ounces tomato paste (1-6 ounce can)
- 3/4 cup water
- 2 Tablespoons apple cider vinegar (or, red or white wine vinegar)
- 1 teaspoon Mineral Salt
- 1/3 teaspoon onion powder
- 2 to 3 teaspoons THM Super Sweet Blend (or, 2 to 3 doonks THM Pure Stevia Extract powder)

### INSTRUCTIONS:

1. Whisk together all the ingredients in a small bowl.
2. Transfer to a glass jar, cover, and keep refrigerated.

NSI (If using a store-bought, plan-approved sweetener.)

DF

The *Trim Healthy Ketchup* recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)