



KETO PIZZA SAUCE

an easy recipe you can do at home

INGREDIENTS

8 oz Chopped tomatoes
1 tsp garlic powder
1 tsp chopped fresh parsley (or 1/2 tsp dried)
1/2 tsp onion powder
1/2 tsp dried basil
1/4 tsp dried oregano
1/4 tsp black pepper

DIRECTIONS

Empty a can of chopped tomatoes into a blender. Add garlic powder, parsley, onion powder, basil, oregano and black pepper and salt. Blend for 2 minutes on the medium setting.