

**CLASSICAL
0.78:1 RATIO**

21.02 g fat
4.10 g protein
22.73 g CHO
Kcal: 297

TOMATO KETCHUP



- 40g Onions
- 30g Tomato puree – MORRISONS DOUBLE CONCENTRATED
- 100g Cooking apples
- 200g Tomatoes – tinned
- 6g Cider vinegar - MORRISONS
- 25g Butter

You will also need 100mls of water 1 teaspoon of GIA garlic paste, ¼ teaspoon of ground ginger, a pinch of cinnamon, ¼ teaspoon ground allspice, 1 teaspoon of liquid sweetener and salt and pepper to taste.

Blend the tinned tomatoes until smooth.

Chop the onion and gently fry in the butter until soft, then add garlic paste with the spices and cook for 2 minutes, add tomato puree and cook for a further minute.

Add the chopped apples, water and blended tomatoes, gently simmer until the mixture reduces and thickens, this will take approximately 30 minutes!

Using a hand blender, blend until really smooth, then add the salt and pepper with the liquid sweetener and cider vinegar.

Place in a sterilized jam jar and allow to cool.

Mo's tip: This will keep in the fridge for 2 - 3 weeks. This makes 300g of ketchup which will give 30 x 10g portions. 10g is plenty to serve with a burger, or on the side with celeriac chips, bacon & eggs etc.

Each 10g portion gives: 0.7g fat / 0.1g protein / 0.7g CHO

This recipe will need to be adapted to **EACH INDIVIDUALS** prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION