

Homemade Pizza Sauce

An 'After School Club Healthy Snack' Recipe

Recipe provided by Holistic Nutritionist Sarah Green

1 can	Crushed Tomatoes
1 can	Tomato Paste
1 tsp	Salt
4 Grinds	Black Pepper
1 tsp.	Dried Basil (or 2 Tbsp. fresh)
1 tsp.	Dried Oregano (or 1 Tbsp. fresh)
1/2 tsp.	Garlic Powder (or 1 Garlic Clove, pressed)
2 tsp.	Honey
1 Tbsp.	Extra Virgin Olive Oil

Stir everything together really well. Adjust seasoning and honey to taste. There is no need to cook this sauce. Freezes well.

What makes this a Healthy Snack Sarah?

"So simple, yet so delicious! Olive Oil is used to ensure the proper absorption of 'lycopene, one of the many healthy nutrients found in tomatoes - known for it's cancer fighting ability. Honey is used to replace the over-use of white sugar in commercial pizza sauce" *Sarah Green, Holistic Nutritionist*

