

FODMAP Friendly Ketchup

30oz. tomato concentrate

2 ½ cup white vinegar

1 ¼ cup honey

1 ¼ cup water

5 tsp sugar

¾ tsp garlic powder

1. Mix all the ingredients together in a pot and bring to a boil.
2. Simmer for 20 minutes, constantly stirring.
3. Let it cool down and then refrigerate it.

We Recommend bottling this Ketchup and giving some away!