

It is difficult to find a commercial tomato sauce that does not contain added salt, sugar and other ingredients that you may wish to avoid. Try this easy to make alternative that can be modified to suit.

- 20 ml peanut butter
- 30 ml tomato paste
- 10 ml balsamic vinegar
- 10 ml tamari
- 1 teaspoon Italian herbs
- 1 teaspoon mustard seeds, crushed or Dijon mustard
- 2 cloves crushed garlic
- water (or orange juice)

Mix all ingredients together using enough liquid so the mixture can be easily stirred and poured. This will keep for a few days in the refrigerator. It is best to make as required.

You can use another nut paste such as tahini or cashew paste. You can add chili flakes or chili paste or use different herbs and spices.