Tomato Picante Dressing

Ingredients

- 1½ cups tomatoes, chopped
- 3 ounces tomato paste
- 1 clove garlic, crushed and chopped
- 1 teaspoon mustard powder
- 2 tablespoons lemon juice
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- Pinch of cayenne pepper
- Sea salt and black pepper to taste
- Apple cider vinegar to taste



Makes 4 servings

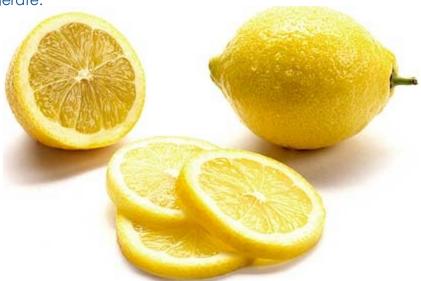
(1 vegetable)
1 gram protein

0 fat

32 calories

Directions

- 1. Put tomato and garlic into food processor and puree.
- 2. Add mustard, lemon juice, cumin, chili powder, cayenne, salt, and tomato sauce.
- 3. Blend until smooth.
- 4. Transfer to a jar and refrigerate.
- 5. Stir before using.





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