

Zack's Keto Pizza Sauce

Time to prepare: 5 minutes. Makes enough for 3 large pizzas.

Be sure to check out our step by step video at <https://youtu.be/vf9SFnENoPk>

You will need:

- 1 6oz can of tomato paste
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 2 tsp oregano
- ½ tsp salt
- ½ tsp pepper
- 1 tsp swerve sweetener
- 1 tsp olive oil
- Approx ¾ cup of cold water

Preparation

1. In a mixing bowl, mix the tomato paste and oil together.
2. Add in the spices and sweetener and mix well.
3. Slowly add in the water about a ⅓ cup at a time until you reach your desired consistency.

Tip: This can be divided into portions and frozen for future use.

Macros:

Whole recipe: Calories:219

1 Pizza: Calories:73

⅓ pizza: Calories:12

Protein:6.4g

Protein:2.1g

Protein:0.4g

Fat:4.4g

Fat:1.5g

Fat:0.2g

Net Carbs:29.2g

Net Carbs:9.7g

Net Carbs:1.6g