

*RAW MARINARA SAUCE*

- 1 1/2 cups blended tomato (2-3 medium tomatoes)
- 1/2 cup fresh lemon juice
- 2 tablespoons Nama Shoyu
- 2 tablespoons olive oil (extra virgin, first cold pressed, and organic)
- 2 tablespoons yellow onion, chopped
- 3 cloves garlic, peeled
- 1 cup sun-dried tomatoes
- Pinch of sea salt

In a high-speed blender, combine all of the ingredients and blend until smooth.

(From Matt Amsden's book: RAWvolution)