

Alkaline Diet Recipe: Dr. Daryl's Raw Marinara Sauce



Last time, when I shared [the 9 easiest ways to get your kids to love eating alkaline](#), I teased my recipe for raw marinara sauce, which packs an alkaline punch. But it's so tasty, your kids won't even realize it's nutritious!

Even without kids, this recipe is a great way to sneak in some extra leafy greens plus alkaline veggies and herbs into your tomato sauce. And since it's super easy to make, I have a feeling you won't be relying on the store-bought variety anymore.

Did you know that the average store-bought tomato sauce contains 9 to 11 grams of sugar per half cup serving?

That's the same amount as your average sugar cookie! That's far too much sugar for a food that doesn't need any added sugar to taste delicious.

Give it a try and let me know what you think over on [Facebook](#).

Dr. Daryl's Raw Marinara Sauce

INGREDIENTS

3 medium tomatoes
2 cups of spinach
1/2 cup basil leaves (loose)
1/4 cup extra virgin olive oil
1/4 cup sun-dried tomatoes
1/4 cup red onion, chopped
2 tbsp. fresh oregano, chopped
1 tbsp. lemon juice, fresh squeezed
1 large clove garlic, minced
1 tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
1 tsp. black pepper
Optional: 1 tbsp. of any of the following: Rosemary, sage, or tarragon, chopped



DIRECTIONS

For a smooth sauce, place all contents in the blender and blend until smooth. For a ‘chunky’ sauce, set 2 tomatoes and the herbs aside. Blend everything else until smooth and creamy. Now place the contents in a food processor and add the 2 tomatoes and herbs. Pulse the ingredients together, leaving the sauce a bit chunky.

Spread on your favorite veggie noodles and enjoy!

I’ve got a ton of quick and tasty dinner ideas like this one in my [Get Off Your Acid 7-Day Alkaline Cleanse](#) that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID!

