



RAW SPAGHETTI SAUCE

Serves 6-8

prep time 10 minutes

a great use of protein rich whey

1 C. carrots
2 ribs celery
6 roma tomatoes, halved
1 red bell pepper, seeded
1 Tbsp. onion
½ clove garlic
2 Tbsp. parsley flakes
2 tsp. crushed basil
2 tsp. crushed oregano
1 tsp. thyme
1 tsp. ground black pepper
½ tsp. fennel
¼ tsp. cayenne pepper (to taste)
1 C. kefir whey

Wash and cut vegetables into 3 inch pieces. Puree with spices in blender with kefir whey. Pour into serving crock.

2 (6oz.) cans tomato paste
2 C. kefir whey
1 Tbsp. olive oil

Puree tomato paste in blender with olive oil and whey. Add to veggie sauce. Stir until blended. Serve over cooked pasta, and/or chicken. Can be frozen.

