

## I Shouldn't Have A V8

*Recipe makes 1 serving*

*Each serving = 1 vegetable, ½ lemon*



### Ingredients

- 100 grams of tomato
- juice of half lemon
- 1 tsp fresh cilantro, minced
- 1/2 tsp stevia (to taste)
- 1/4-1/2 tsp garlic paste (to taste) or 1 clove minced
- 1/4 tsp cumin
- 1/4 tsp sugar-free worcestershire
- 1/8 tsp celery seed
- sea salt/pepper (to taste)
- tabasco (to taste)

### Directions

1. In blender, combine all ingredients and puree until reaches desired consistency.
2. Place in refrigerator until chilled or serve over ice.

**TIP:** Depending on the amount of tomato used, you may need to vary most of these amounts according to taste.



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