

BRINGING IT HOME

with *Laura McIntosh*

A TV show with great taste



Laura's Pick of the Month



This month Laura's pick is Krazy Ketchup! It's a delicious, healthy and fun alternative to ketchup and it gets your kids to eat something healthy! Krazy ketchup is a delicious blend of organic carrots, sweet potato and squash puree. There's no sugar, agave nectar is used for sweetness and it's high in vitamin A, C and potassium.