



Krazy Ketchup: crazy good (& for you)

by Erin

If you have a toddler, then chances are that you've gone through the picky eating stage. Unfortunately for our family, this stage started around 11 months old and, well, it's still lingering at 28 months. I work hard at trying to substitute good products for bad, like cooking with applesauce instead of using oil or quinoa instead of rice. I hide vegetable purees in her food wherever I can and stress out about the topic constantly.

One day while browsing online for additional options I came across [Krazy Ketchup](#). We all know how kids love to dip things and their obsession with ketchup,



well this is the entire reason two moms created this product for their picky kids! All ingredients are 100% organic and

vegan/vegetarian. It's made from a combination of sweet potato, tomato, carrot and squash purees. Yep, all these veggies and it's seriously yummy! That's a pretty tall statement from a woman who despises carrots and squash (ok, and sweet potatoes too). I absolutely LOVE that it's sweetened with agave nectar versus sugar. Agave nectar is so much easier for your body to digest.



I have to tell you that it has the same texture as your regular old ketchup, but, in my opinion, tastes better! My old ketchup is in the trash and I will never use that empty calorie option again.

Test baby: Eggs with Krazy Ketchup, two thumbs up. Ketchup lingers on face and shirt.