

CONDIMENTS

Getting in the habit of cooking simple meals, such as steamed veggies with beans and a grain, will save you time and energy. Instead of adding complicated sauces, create a condiment tray for your table so that you and your family/guests can personalize every meal. Rotating trays, often called Lazy Susans, are perfect for making condiments visible and accessible. Here are some recommended condiments worthy of experimentation. Feel free to add your favorites, and use organic whenever possible. Look for those with minimal ingredients, additives, and processing.



| BASIC SPICES | PEPPERS | SALTS |
|------------------------------|-------------------------|------------------------|
| cinnamon | black pepper in grinder | gomasio |
| turmeric | cayenne | Herbamare |
| garlic powder | paprika | sea salt |
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| NUTS AND SEEDS | SWEETENERS | OILS |
| nut butters: tahini, almond | agave nectar | extra virgin olive oil |
| nuts: pine, cashew | honey | flaxseed oil |
| seeds: pumpkin, flax, sesame | maple syrup | toasted sesame oil |
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| VINEGARS | SAUCES | MISCELLANEOUS |
| apple cider vinegar | tamari soy sauce | sea vegetables |
| umeboshi vinegar | hot sauces | nutritional yeast |
| balsamic vinegar | tomato sauce | mustard |
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