

Condiments

Create a condiment tray for your table and personalize every meal.

For centuries spices have been used to preserve food and enhance its flavor. When shopping for condiments at your local supermarket look for a variety of choices which can be displayed within arm's reach at mealtime. If you are just beginning your collection, try including one from each of the different palate tastes; salty, sweet, spicy, sour, pungent or nutty. Try tamari, brown rice syrup, cayenne pepper, apple cider vinegar, garlic, and pumpkin seeds.

Condiments create enjoyable, individualized meals. Plus each flavor has a different health benefit.

Tamari: aids digestion and has less sodium than salt

Brown rice syrup: sweet taste without the rapid spike in blood sugar levels

Cayenne pepper: enhances blood circulation, warms body, stimulates digestion

Apple cider vinegar: cleanses digestive track and increases circulation

Garlic: stimulates metabolism, is antibacterial, and antifungal

Pumpkin seeds: high in protein and omega-3 fatty acids, contains iron, zinc, and vitamin A



Here are some recommended condiments worthy of experimentation. Feel free to add your favorites.

Basic spices (cinnamon, cumin, curry powder, garlic, ginger, oregano, turmeric)

Peppers and Salts (black pepper in a grinder, cayenne, chili powder, chili flakes, sea salt)

Vinegars (apple cider vinegar, balsamic vinegar, red wine vinegar)

Oils (chili oil, coconut oil, extra virgin olive oil, hot sesame oil, toasted sesame oil)

Sauces (Bragg's amino acids, hot sauces, olive paste, salad dressings, tamari soy sauce, tomato sauce)

Sweeteners (agave nectar, barley malt, brown rice syrup,

honey, maple syrup, stevia)

Other (ketchup, mustard, parmesan cheese, pickles, sauerkraut, sliced red cabbage)

Spices contribute to our health greatly. There are good reasons to enjoy their abundant flavor and aroma. They can aid in digestion, help in fat breakdown, stimulate, and tonify. Your collection of condiments can be used for therapy and prevention. Spice your meals up with healing and comforting condiments. Stay healthy and energetic.

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