

# Simple Starters Condiments

Create a condiment tray for your table so that you and your family can personalize every meal. A simple but powerful start to making healthy nutritional choices and here are some recommended condiments worthy of experimenting. Look for condiments with minimal ingredients, additives and processing and feel free to add your favorites, and use organic whenever possible.

## Basic Spices

- basil
- cinnamon
- cumin
- curry powder
- garam masala spice mix
- garlic
- ginger
- oregano
- thyme
- turmeric

## Peppers

- black pepper in a grinder
- cayenne
- chili powder
- chili flakes
- paprika
- white pepper

## Salts

- gomasio
- Herbamare
- sea salt

## Nuts and Seeds

- nut butters: tahini, cashew, almond, peanut
- nuts: pine, brazil, cashews, walnuts, almonds, pistachios
- seeds: pumpkin, sunflower, sesame, flax (raw or toasted)

## Sweeteners

- agave nectar
- barley malt
- brown rice syrup
- honey
- maple syrup
- stevia

## Oils

- chili oil
- coconut oil
- extra virgin olive oil
- flaxseed oil
- hot sesame oil
- infused olive oils
- toasted sesame oil

## Vinegars

- apple cider vinegar
- balsamic vinegar
- red wine vinegar
- umeboshi vinegar

## Sauces

- Bragg's amino acids
- hot sauces
- olive paste
- pesto
- salad dressings
- tamari soy sauce
- tomato sauce

## Sea vegetables

- dulse flakes
- nori flakes

## Other

- chutneys
- coconut milk
- grated daikon radish
- ketchup
- mustard
- nutritional yeast
- parmesan cheese
- pickles
- sauerkraut
- sliced red cabbage
- sprouts: alfalfa, sunflower, mung