



Condiment List

Create a condiment tray for your table so that you and your family 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.

<p>Basic Spices</p> <ul style="list-style-type: none">• cinnamon• turmeric• ginger• _____• _____• _____	<p>Peppers</p> <ul style="list-style-type: none">• black pepper in grinder• cayenne• paprika• _____• _____• _____	<p>Salts</p> <ul style="list-style-type: none">• gomasio• Herbamare• sea salt• _____• _____• _____
<p>Nuts and Seeds</p> <ul style="list-style-type: none">• nut butters: tahini, almond• nuts: pine, cashew• seeds: pumpkin, flax• _____• _____• _____	<p>Sweeteners</p> <ul style="list-style-type: none">• agave nectar• honey• Stevia• _____• _____• _____	<p>Oils</p> <ul style="list-style-type: none">• coconut oil• flaxseed oil• toasted sesame oil• _____• _____• _____
<p>Vinegars</p> <ul style="list-style-type: none">• apple cider vinegar• umeboshi vinegar• balsamic vinegar• _____• _____• _____	<p>Sauces</p> <ul style="list-style-type: none">• tamari soy sauce• hot sauces• pesto• _____• _____• _____	<p>Miscellaneous</p> <ul style="list-style-type: none">• sea vegetables• nutritional yeast• ketchup• _____• _____• _____