

Flavor Punches

Use your blender to whip up these condiments to meals/snacks to add antioxidant boosters.

Concept	Ingredients
Nut Butter Blast	<ul style="list-style-type: none"> • ¼ cup smooth nut/seed butter • ¼ cup hot water • 2 cloves garlic • 2 tablespoons coconut aminos • 2 teaspoons ground cumin • Pinch cayenne • 1 teaspoon lemon juice
Ginger Miso	<ul style="list-style-type: none"> • 2 tablespoons miso • ¼ cup rice vinegar • 2 inch piece fresh ginger • 1 clove garlic • ¼ cup grapeseed oil
Avocado Citrus	<ul style="list-style-type: none"> • 1 avocado, peeled and pitted • ¼ cup orange juice • 1/8 cup lime juice • 1 handful cilantro leaves • 1 clove garlic • ¼ teaspoon sea salt • Pinch cayenne • Extra virgin olive oil as needed to thin
Spicy Citrus Mustard	<ul style="list-style-type: none"> • 2 tablespoons orange juice • 2 tablespoons lime juice • 2 tablespoons extra virgin olive oil • 2 tablespoons mustard powder • 1/8 teaspoon cayenne

Concept	Ingredients
Basil Pistachio	<ul style="list-style-type: none"> • 1 cup fresh basil leaves • ½ cup unsalted pistachios • 1/3 cup extra virgin olive oil • 1 tablespoon lemon juice • ¼ teaspoon sea salt • ¼ teaspoon ground black pepper • 1 tablespoon water (more to thin)
Gremolata	<ul style="list-style-type: none"> • ¼ cup chopped parsley • 1 tablespoon chopped basil • 1 tablespoon chopped mint • 1 tablespoon chopped thyme • Zest of 1 lemon • 1 clove garlic <p>Pulse in food processor rather than blender.</p>
Basil Mint	<ul style="list-style-type: none"> • ½ cup mint leaves • ¼ cup basil leaves • 1 tablespoon lime juice • ½ cup extra virgin olive oil • Pinch sea salt
Creamy Basil	<ul style="list-style-type: none"> • 1 cup basil leaves • ½ cup extra virgin olive oil • ¼ cup brown rice vinegar • 1 clove garlic • ½ teaspoon sea salt
Lime Cumin	<ul style="list-style-type: none"> • Zest of 1 lime • 3 tablespoons lime juice • ½ teaspoon sea salt • ½ teaspoon ground cumin • ½ cup grapeseed oil • 1 handful cilantro leaves • 2 green onions