



homemade condiments

SIMPLE DIY VERSIONS OF YOUR
MOST USED CONDIMENTS



Mindful Health



ketchup

- 1/2 cup white vinegar
- 1/3 cup filtered water
- 1/3 cup pure maple syrup
- 6oz can of tomato paste
- 3/4 tsp black pepper
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp sea salt

Place all ingredients in a saucepan. Stir ingredients together and whisk until the mixture is smooth. Place stove at medium heat, and stir often to prevent burning. Once it begins boiling, you can reduce the heat to low and allow it to simmer for about 15-20 minutes. Stir every few minutes to prevent burning. After 15-20 minutes, remove from the stove and let cool. When ketchup is cool, store it in the refrigerator in a mason jar or other covered container.



pesto

- 1 cup stemless basil leaves
- 1 tablespoon pine nuts
- 1/4 cup olive oil
- 1 garlic clove
- 1/2 tsp fresh black pepper
- 1 tbsp nutritional yeast

Combine all ingredients, except olive oil, in a food processor. Process ingredients until finely minced, adding in the oil slowly as you continue processing.

Once the mixture is mixed well and complete, store it in the refrigerator with a lid.

barbecue sauce

- 2 cups ketchup
- 1/3 cup apple cider vinegar
- 1/3 cup brown sugar
- 1 tbsp pure maple syrup
- 1 tbsp coconut aminos
- 1 tsp hot sauce
- 1 tsp garlic powder
- 1 tsp dry mustard
- 1 tsp freshly cracked black pepper
- 2 tsp smoked paprika

Whisk all ingredients together in a saucepan over medium heat. Once the mixture begins to boil, reduce heat to low, and allow the mixture to simmer. Once the sauce starts to thicken, take it off of the heat, and allow it to cool. Store in a container with a lid in the refrigerator.



salad dressing

Homemade Balsamic Dressing

- 1/2 cup balsamic vinegar
- 3/4 cup olive oil
- 1 tbsp dijon mustard
- 2 tbsp water
- 1 tsp pure maple syrup
- 1 tsp minced garlic
- 1 tsp freshly cracked black pepper

Blend all ingredients in a food processor until smooth. Store in an air-tight container in the refrigerator.



hot sauce

- 20 cayenne peppers
- 1 cup white vinegar
- 1/2 cup lemon juice
- 4 tsp garlic, minced
- 1 cup tomato, diced
- 1/2 cup onion, diced
- 1 tsp freshly ground black pepper

Slice tops off of peppers, and toss all ingredients in a saucepan. Bring to a boil, and reduce heat to simmer.

Around 10-15 minutes, peppers should be tender. When tender, pour all ingredients in a blender and blend until smooth. Place hot sauce in an air-tight container and store it in the refrigerator.



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