

CHEATSHEET

OUR TEAM'S FAVOURITE CONDIMENTS, FLAVOUR HACKS AND INGREDIENT SWAPS



G HUGHES SAUCES, DRESSINGS & MARINADES – SUGAR FREE STYLES



BOLTHOUSE DRESSINGS



LOW SODIUM SOY SAUCE



MRS. DASH SEASONINGS



TAJIN SEASONINGS ('DULCE' OR LOW SODIUM)



HEINZ 'NO SUGAR ADDED' KETCHUP



NAKED & SAUCY SAUCES, DRESSINGS & MARINADES

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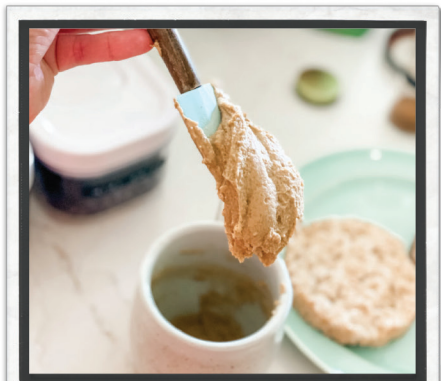
OUR TEAM'S FAVOURITE CONDIMENTS, FLAVOUR HACKS AND INGREDIENT SWAPS



PLAIN GREEK YOGURT INSTEAD OF SOUR CREAM



PLAIN GREEK YOGURT MIXED INTO GUAC FOR MORE VOLUME AND ADDED PROTEIN



MIX POWDERED PB OR PROTEIN POWDER WITH WATER (ADD TO RICE CAKES, ETC)



CANADIAN PROTEIN POWDERED FLAVOURS ADDED TO ANYTHING (COATS, BAKING, ETC)



BUY SPICES AT HOME GOOD STORES TO SAVE, AND FOR UNIQUE FINDS!



FRUIT YOGURT ON PANCAKES/WAFFLES INSTEAD OF MAPLE SYRUP



MIX GREEK YOGURT + SUGAR-FREE ELO PUDDING FOR A WHIPPED TREAT



USE COOKING SPRAY AS FLAVOUR INSTEAD OF POURING OIL OVER FOODS

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