

HEALTHY U Seasonings

Sauces

<u>Sauces & Ingredients</u>	<u>Price</u>
Spinach Chimichurri (250 mL) Spinach, parsley, oregano, cilantro, red wine vinegar, garlic	\$12.00
Lemon Garlic Herb Blend (250 mL) Basil, parsley, mint, dill, thyme, cilantro, lemon, garlic	\$12.00
Kale Pesto (500 mL) Kale, basil, cashews, hemp seeds, lemon, garlic, parmesan cheese	\$15.00
Tomato, Red Pepper and Hemp Marinara (500 mL) Tomatoes, red pepper, onion, sun-dried tomatoes, garlic, basil, oregano, thyme, hemp seeds, parmesan cheese, vegetable broth	\$15.00
Cauliflower Alfredo Sauce (250 mL) Cauliflower, garlic, milk, hemp seeds, lemon juice, pepper, onion, parmesan cheese	\$12.00

Inquire / Order



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Roasted Cauliflower Turmeric Tahini (250 mL) Cauliflower, onion, garlic, pepper, tahini, turmeric, sesame oil, lemon	\$15.00
Nutty Thai (250 mL) Carrot, natural peanut butter, fresh lime juice, soy sauce, pure maple syrup, sesame oil, ginger, garlic	\$15.00
Broccoli Pizza Crust (250 mL) Broccoli, mozzarella cheese, eggs, coconut flour, tapioca flour, Healthy U Italian Seasoning	\$12.00
Chocolate Banana Nutty Cream (250 mL) Bananas, almond butter, vanilla, vanilla sugar, cocoa powder, dark chocolate	\$15.00
Butternut Squash Mac N' Cheese Sauce (250 mL) Butternut squash, garlic, milk, cheddar cheese, cornstarch, lemon juice, Dijon mustard, onion powder	\$12.00

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