

# Make your own healthy sauces & condiments



Never before have your food choices been so important for your health and wellbeing

Find out why at BANT, we believe home-made is a great way to enjoy healthier versions of your favourites



## Simple sauces made from scratch...

There is lots to love about flavouring food with fresh herbs, spices, sauces and condiments. Try switching shop-bought for home-made healthier and tastier versions of processed products.



Why making your own can be a healthier choice?



Why not try making one of these from scratch



Classic tomato sauce  
-tomato/puree - salt & pepper - vinegar



An Italian pesto sauce for your pasta  
-basil - olive oil - pine nuts - garlic



A citrus French salad dressing  
-olive oil - vinegar - mustard - lemon juice

Did you know that sauces and condiments are often a hidden source of added sugars, salts, processed fats and allergen ingredients such as gluten, sesame and celery? These hidden extras can soon add up - for example there is 1 tsp of sugar in every 11g sachet of ketchup. Yet they can be easy things to make from scratch with a few simple ingredients, giving you a fresher and healthier version of your favourites, with no hidden extras. Next time you fancy a vinaigrette, salad dressing, pesto, tomato sauce, tartare, satay etc why not try whizzing up one of your own.

Find a recipe to get you started



1. Choose a sauce / condiment
2. Look up a recipe
3. Shop for the ingredients
4. Make it in 5 mins (most of the time!)
5. Enjoy with your meal
6. Store correctly